



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Zimmermann, Maik

Club: Nordhausen
Number: 200

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M45

Total time: 30:44

Speed: 11.71 km/h
Running performance: 4:40 min/km

Rank in course/Total: 15 (of 44)

Rank in course/Men: 15 (of 36)

Best time in course: 21:12

Rank in category: 2(of 3)

Best time in the category: 24:58

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Rundenzeit | 3.30 | 15:25 | 4:40 | 2 | 2:59 | 18 | 4:46 | 3.30 | 15:25 | 4:40 | 3 | 2:59 | 4 | |
| Finish | 3.30 | 15:19 | 4:38 | 3 | 2:47 | 15 | 5:01 | 6.60 | 30:44 | 4:39 | 2 | 5:46 | 15 | 9:32 |