



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