



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Gorges, Frank

Number: 345

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M35

Total time: 49:56

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 62 (of 78)

Rank in course/Men: 56 (of 68)

Best time in course: 31:53

Rank in category: 5(of 6)

Best time in the category: 38:09

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	15:53	4:48	4	2:38	45	5:00	3.30	15:53	4:48	4	2:35	13		
Rundenzeit	3.30	16:49	5:05	4	3:29	46	6:27	6.60	32:42	4:57	4	6:04	13		
Finish	3.30	17:14	5:13	4	4:00	46	6:36	9.90	49:56	5:02	5	11:47	56	18:03	