



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Bannach, Volker

Number: 355

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M55

Total time: 48:16

Speed: 11.19 km/h

Running performance: 4:53 min/km

Rank in course/Total: 57 (of 78)

Rank in course/Men: 53 (of 68)

Best time in course: 31:53

Rank in category: 3(of 5)

Best time in the category: 39:36

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	15:57	4:49	3	3:02	47	5:04	3.30	15:57	4:49	3	2:01	14	
Rundenzeit	3.30	16:06	4:52	3	2:54	39	5:44	6.60	32:03	4:51	3	4:25	14	
Finish	3.30	16:13	4:54	3	2:44	42	5:35	9.90	48:16	4:52	3	8:40	53	16:23