



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Breitenbach, Sabine

Club: WSV Benneckenstein

Number: 333

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W45

Total time: 48:50

Speed: 11.06 km/h

Running performance: 4:56 min/km

Rank in course/Total: 59 (of 78)

Rank in course/Women: 5 (of 10)

Best time in course: 41:37

Rank in category: 1(of 2)

Best time in the category: 48:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Rundenzeit	3.30	15:43	4:45	1	-	5	2:18	3.30	15:43	4:45	1	-	6	1:35			
Rundenzeit	3.30	16:19	4:56	1	-	5	2:08	6.60	32:02	4:51	1	-	6	3:40			
Finish	3.30	16:48	5:05	1	-	6	2:47	9.90	48:50	4:55	1	-	5	7:13			