



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Wiegleb, Sandro

Club: Sondershausen
Number: 216

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M40

Total time: 31:04

Speed: 11.59 km/h
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 44)

Rank in course/Men: 20 (of 36)

Best time in course: 21:12

Rank in category: 4(of 4)

Best time in the category: 23:19

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	14:59	4:32	2	3:32	14	4:20	3.30	14:59	4:32	4	3:32	3	
Finish	3.30	16:05	4:52	4	4:13	22	5:47	6.60	31:04	4:42	4	7:45	20	9:52