



9. Nordhäuser Citylauf
Nordhausen / 15.09.2013

Detailed evaluation

Schlegel, Ulrich

Number: 347

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 51:18

Speed: 10.53 km/h

Running performance: 5:11 min/km

Rank in course/Total: 68 (of 78)

Rank in course/Men: 60 (of 68)

Best time in course: 31:53

Rank in category: 10(of 11)

Best time in the category: 35:40

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	16:24	4:58	9	4:53	50	5:31	3.30	16:24	4:58	7	3:39	16	0:11
Rundenzeit	3.30	17:17	5:14	9	5:18	47	6:55	6.60	33:41	5:06	7	7:59	1	-
Finish	3.30	17:37	5:20	9	5:27	47	6:59	9.90	51:18	5:10	10	15:38	60	19:25