



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Froese-Karow, Andreas

Club: Nordhausen

Number: 336

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 48:19

Speed: 11.18 km/h

Running performance: 4:53 min/km

Rank in course/Total: 58 (of 78)

Rank in course/Men: 54 (of 68)

Best time in course: 31:53

Rank in category: 6(of 7)

Best time in the category: 32:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Rundenzeit	3.30	15:55	4:49	6	5:01	46	5:02	3.30	15:55	4:49	6	5:01	17	
Rundenzeit	3.30	16:20	4:56	6	5:42	42	5:58	6.60	32:15	4:53	6	10:43	17	
Finish	3.30	16:04	4:52	5	5:24	39	5:26	9.90	48:19	4:52	6	16:07	54	16:26