



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Lange, Lars

Club: Hohenstein
Number: 326

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 43:34

Speed: 12.39 km/h
Running performance: 4:24 min/km

Rank in course/Total: 35 (of 78)

Rank in course/Men: 33 (of 68)

Best time in course: 31:53

Rank in category: 9(of 10)

Best time in the category: 38:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Rundenzeit	3.30	fehlt!	-	-	-	-	-	6.60	-	-	-	-	-	-
Finish	3.30	43:34	13:12	9	30:43	60	32:56	9.90	43:34	4:24	9	5:19	33	11:41