



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Keller, Alexander

Number: 350

Course: 9.90 km  
3 Runden 9,9 km

Category:  
männliche Jugend U20 (18 und 19 Jahre)

Total time: 48:15

Speed: 11.19 km/h

Running performance: 4:52 min/km

Rank in course/Total: 56 (of 78)

Rank in course/Men: 52 (of 68)

Best time in course: 31:53

Rank in category: 2(of 2)

Best time in the category: 44:18

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	14:40	4:26	1	-	34	3:47	3.30	14:40	4:26	2			18	
Rundenzeit	3.30	16:41	5:03	2	1:42	44	6:19	6.60	31:21	4:45	2	1:18		18	
Finish	3.30	16:54	5:07	2	2:39	44	6:16	9.90	48:15	4:52	2	3:57		52	16:22