



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Schille, Patrick

Club: Nordhausen
Number: 309

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 51:31

Speed: 11.53 km/h
Running performance: 5:12 min/km

Rank in course/Total: 69 (of 78)

Rank in course/Men: 61 (of 68)

Best time in course: 31:53

Rank in category: 7(of 7)

Best time in the category: 32:12

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	16:10	4:53	7	5:16	48	5:17	3.30	16:10	4:53	7	5:16	19	
Rundenzeit	3.30	17:32	5:18	7	6:54	50	7:10	6.60	33:42	5:06	7	12:10	19	0:01
Finish	3.30	17:49	5:23	7	7:09	48	7:11	9.90	51:31	5:12	7	19:19	61	19:38