



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Ehrhardt, Sebastian

Club: SV Hannovera Niedersachswerfen

Number: 328

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 51:47

Speed: 10.43 km/h

Running performance: 5:14 min/km

Rank in course/Total: 71 (of 78)

Rank in course/Men: 63 (of 68)

Best time in course: 31:53

Rank in category: 15(of 16)

Best time in the category: 31:53

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	15:29	4:41	11	4:36	43	4:36	3.30	15:29	4:41	11	3:25	20	
Rundenzeit	3.30	18:26	5:35	12	8:04	51	8:04	6.60	33:55	5:08	11	9:20	20	0:14
Finish	3.30	17:52	5:24	10	7:14	49	7:14	9.90	51:47	5:13	15	19:54	63	19:54