



## 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  |