



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Schwaß, Konstantin

Club: Plasma Service Europe GmbH  
Number: 339

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Männer

Total time: 51:33

Speed: 11.52 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 70 (of 78)

Rank in course/Men: 62 (of 68)

Best time in course: 31:53

Rank in category: 14(of 16)

Best time in the category: 31:53

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	15:51	4:48	12	4:58	44	4:58	3.30	15:51	4:48	12	3:47	21		
Rundenzeit	3.30	17:23	5:16	11	7:01	48	7:01	6.60	33:14	5:02	12	8:39	21		
Finish	3.30	18:19	5:33	12	7:41	51	7:41	9.90	51:33	5:12	14	19:40	62	19:40	