



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: 10.48 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	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	15:51	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