



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Bose, Sirko

Number: 380

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 45:36

Speed: 13.03 km/h

Running performance: 4:37 min/km

Rank in course/Total: 48 (of 78)

Rank in course/Men: 46 (of 68)

Best time in course: 31:53

Rank in category: 9(of 11)

Best time in the category: 35:40

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	14:52	4:30	7	3:21	38	3:59	3.30	14:52	4:30	8	2:07	22	
Rundenzeit	3.30	15:12	4:36	8	3:13	34	4:50	6.60	30:04	4:33	8	4:22	22	
Finish	3.30	15:32	4:42	8	3:22	33	4:54	9.90	45:36	4:36	9	9:56	46	13:43