



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

John, Andreas

Number: 353

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M55

Total time: 50:10

Speed: 10.76 km/h

Running performance: 5:04 min/km

Rank in course/Total: 63 (of 78)

Rank in course/Men: 57 (of 68)

Best time in course: 31:53

Rank in category: 4(of 5)

Best time in the category: 39:36

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	16:42	5:03	4	3:47	51	5:49	3.30	16:42	5:03	4	2:46	23	0:29
Rundenzeit	3.30	16:38	5:02	4	3:26	43	6:16	6.60	33:20	5:03	4	5:42	23	
Finish	3.30	16:50	5:06	4	3:21	43	6:12	9.90	50:10	5:04	4	10:34	57	18:17