



9. Nordhäuser Citylauf  
 Nordhausen / 15.09.2013

Detailed evaluation

Mackensen, Sylvester

Number: 347

Course: 9.90 km  
 3 Runden 9,9 km

Category:  
 Senioren M40

Total time: 38:15

Speed: 14.12 km/h  
 Running performance: 3:52 min/km

Rank in course/Total: 9 (of 78)

Rank in course/Men: 8 (of 68)

Best time in course: 31:53

Rank in category: 2(of 11)

Best time in the category: 35:40

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	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Rundenzeit	3.30	fehlt!	-	-	-	-	-	6.60	-	-	-	-	-	-
Finish	3.30	38:15	11:35	10	26:05	56	27:37	9.90	38:15	3:51	2	2:35	8	6:22