



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Wichmann, Andreas

Club: MTV Niedersachswerfen e.V.  
Number: 307

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M40

Total time: 39:02

Speed: 13.83 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 13 (of 78)

Rank in course/Men: 13 (of 68)

Best time in course: 31:53

Rank in category: 5(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	12:33	3:48	3	1:02	9	1:40	3.30	12:33	3:48	9			24	
Rundenzeit	3.30	13:14	4:00	4	1:15	13	2:52	6.60	25:47	3:54	9	0:05		24	
Finish	3.30	13:15	4:00	4	1:05	13	2:37	9.90	39:02	3:56	5	3:22		13	7:09