



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Mühlhaus, Helmut

Club: Rennsteiglaufverein
Number: 208

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M80

Total time: 52:53

Speed: 7.49 km/h
Running performance: 8:01 min/km

Rank in course/Total: 41 (of 44)

Rank in course/Men: 33 (of 36)

Best time in course: 21:12

Rank in category: 1(of 1)

Best time in the category: 52:53

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	25:40	7:46	1	-	30	15:01	3.30	25:40	7:46	1	-	2	9:31
Finish	3.30	27:13	8:14	1	-	30	16:55	6.60	52:53	8:00	1	-	33	31:41