



# 9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

## Detailed evaluation

**Klaes, Ralf**

Club: Team Hagentor  
Number: 102

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M45

Total time: 14:52

Speed: 12.11 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 30 (of 95)

Rank in course/Men: 26 (of 54)

Best time in course: 10:59

Rank in category: 2(of 3)

Best time in the category: 14:01

### 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	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	14:52	4:30	2	0:51	26	3:53	3.30	14:52	4:30	2	0:51	26	3:53