



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer

Number: 302

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M70

Total time: 56:32

Speed: 9.55 km/h

Running performance: 5:43 min/km

Rank in course/Total: 73 (of 78)

Rank in course/Men: 64 (of 68)

Best time in course: 31:53

Rank in category: 1(of 1)

Best time in the category: 56:32

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	18:33	5:37	1	-	53	7:40	3.30	18:33	5:37	1	-	26	2:20
Rundenzeit	3.30	19:00	5:45	1	-	52	8:38	6.60	37:33	5:41	1	-	26	3:52
Finish	3.30	18:59	5:45	1	-	52	8:21	9.90	56:32	5:42	1	-	64	24:39