



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

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Club: Frohe Zukunft Nordhausen e.V.
Number: 344

Course: 9.90 km
3 Runden 9,9 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 1:01:15

Speed: 8.82 km/h
Running performance: 6:11 min/km

Rank in course/Total: 76 (of 78)

Rank in course/Men: 66 (of 68)

Best time in course: 31:53

Rank in category: 2(of 2)

Best time in the category: 44:23

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	18:17	5:32	2	5:05	52	7:24	3.30	18:17	5:32	2	5:05	27	2:04
Rundenzeit	3.30	21:04	6:23	2	5:57	54	10:42	6.60	39:21	5:57	2	11:02	27	5:40
Finish	3.30	21:54	6:38	2	5:50	54	11:16	9.90	1:01:15	6:11	2	16:52	66	29:22