



9. Nordhäuser Citylauf  
Nordhausen / 15.09.2013

Detailed evaluation

Pflüger, Nico

Club: Team Q  
Number: 376

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M35

Total time: 38:09

Speed: 14.15 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 7 (of 78)

Rank in course/Men: 7 (of 68)

Best time in course: 31:53

Rank in category: 1(of 6)

Best time in the category: 38:09

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	fehlt!	-	-	-	-	-	3.30	-	-	-	-	-	-
Rundenzeit	3.30	fehlt!	-	-	-	-	-	6.60	-	-	-	-	-	-
Finish	3.30	38:09	11:33	5	24:55	55	27:31	9.90	38:09	3:51	1	-	7	6:16