



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Linsel, Sören

Club: Friedrichsthal
Number: 311

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 39:10

Speed: 13.79 km/h
Running performance: 3:58 min/km

Rank in course/Total: 14 (of 78)

Rank in course/Men: 14 (of 68)

Best time in course: 31:53

Rank in category: 5(of 16)

Best time in the category: 31:53

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	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	39:10	11:52	14	28:32	57	28:32	9.90	39:10	3:57	5	7:17	14	7:17