



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Hermansa, Steffen

Number: 232

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M35

Total time: 31:17

Speed: 12.66 km/h

Running performance: 4:44 min/km

Rank in course/Total: 22 (of 44)

Rank in course/Men: 22 (of 36)

Best time in course: 21:12

Rank in category: 4(of 5)

Best time in the category: 26:36

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	-	-	-	-	-	-	-
Finish	3.30	31:17	9:28	5	17:58	33	20:59	6.60	31:17	4:44	4	4:41	22	10:05	