



9. Nordhäuser Citylauf
 Nordhausen / 15.09.2013

Detailed evaluation

Braun, Thomas

Club: FSV Lengefeld
 Number: 143

Course: 3.30 km
 1 Runde 3,3 km

Category:
 Senioren M45

Total time: 19:54

Speed: 9.05 km/h
 Running performance: 6:02 min/km

Rank in course/Total: 82 (of 95)

Rank in course/Men: 49 (of 54)

Best time in course: 10:59

Rank in category: 3(of 3)

Best time in the category: 14:01

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	3.25	fehlt!	-	-	-	-	-	3.25	-	-	-	-	-	-
Finish	3.30	19:54	6:01	3	5:53	49	8:55	3.30	19:54	6:01	3	5:53	49	8:55