



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Knoll, Martin

Club: LG Bad Frankenhausen
 Number: 360

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Männer

Total time: 26:51

Speed: 13.41 km/h
 Running performance: 4:04 min/km

Rank in course/Total: 4 (of 58)

Rank in course/Men: 4 (of 45)

Best time in course: 23:50

Rank in category: 1(of 6)

Best time in the category: 26:51

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	13:05	3:57	1	-	4	1:21	3.30	13:05	3:57	1	-	27		
Finish	3.30	13:46	4:10	1	-	4	1:40	6.60	26:51	4:04	1	-	4	3:01	