



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 | |