



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

Detailed evaluation

Flohr, Jörg

Club: Mühlheim am Main  
Number: 308

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M45

Total time: 28:18

Speed: 12.72 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 8 (of 58)

Rank in course/Men: 7 (of 45)

Best time in course: 23:50

Rank in category: 1(of 7)

Best time in the category: 28:18

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	14:06	4:16	1	-	8	2:22	3.30	14:06	4:16	1	-	31		
Finish	3.30	14:12	4:18	1	-	5	2:06	6.60	28:18	4:17	1	-	7	4:28	