



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Beyer, Steffen

Club: WEISSER RING e.V.
 Number: 302

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M50

Total time: 28:52

Speed: 12.47 km/h
 Running performance: 4:22 min/km

Rank in course/Total: 11 (of 58)

Rank in course/Men: 10 (of 45)

Best time in course: 23:50

Rank in category: 1(of 6)

Best time in the category: 28:52

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	14:23	4:21	1	-	10	2:39	3.30	14:23	4:21	1	-	32	
Finish	3.30	14:29	4:23	1	-	10	2:23	6.60	28:52	4:22	1	-	10	5:02