



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Nestroy, Christian

Club: SV Glückauf Bleicherode
 Number: 327

Course: 6.60 km
 2 Runden 6,6 km

Category:
 männliche Jugend U20 (18 und 19 Jahre)

Total time: 28:20
 Speed: 12.71 km/h
 Running performance: 4:17 min/km
 Rank in course/Total: 10 (of 58)
 Rank in course/Men: 8 (of 45)
 Best time in course: 23:50
 Rank in category: 2(of 3)
 Best time in the category: 27:30

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	14:00	4:14	2	0:54	7	2:16	3.30	14:00	4:14	2	0:54	34		
Finish	3.30	14:20	4:20	1	-	8	2:14	6.60	28:20	4:17	2	0:50	8	4:30	