



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Rammelt, Kai**

Club: LV Altstadt  
Number: 330

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M30

Total time: 30:51

Speed: 11.67 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 14 (of 58)

Rank in course/Men: 13 (of 45)

Best time in course: 23:50

Rank in category: 2(of 6)

Best time in the category: 24:11

### 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	15:08	4:35	2	3:18	13	3:24	3.30	15:08	4:35	2	3:18	24	
Finish	3.30	15:43	4:45	2	3:22	14	3:37	6.60	30:51	4:40	2	6:40	13	7:01