



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: 12.84 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 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	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	