



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

Detailed evaluation

Heintze, Kai

Club: Hainichläufer  
Number: 310

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M45

Total time: 32:06

Speed: 11.21 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 17 (of 58)

Rank in course/Men: 16 (of 45)

Best time in course: 23:50

Rank in category: 2(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	15:52	4:48	4	1:46	18	4:08	3.30	15:52	4:48	2	1:46	39		
Finish	3.30	16:14	4:55	2	2:02	18	4:08	6.60	32:06	4:51	2	3:48	16	8:16	