



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Portwig, Ansgo

Club: Goslar
 Number: 329

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M60

Total time: 32:07

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

Rank in course/Total: 18 (of 58)

Rank in course/Men: 17 (of 45)

Best time in course: 23:50

Rank in category: 1(of 2)

Best time in the category: 32:07

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	16:10	4:53	1	-	20	4:26	3.30	16:10	4:53	1	-	40		
Finish	3.30	15:57	4:49	1	-	16	3:51	6.60	32:07	4:51	1	-	17	8:17	