



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Fierenz, Gerald

Club: SV Glückauf Sondershausen
 Number: 307

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M45

Total time: 33:06

Speed: 10.88 km/h
 Running performance: 5:01 min/km

Rank in course/Total: 23 (of 58)

Rank in course/Men: 22 (of 45)

Best time in course: 23:50

Rank in category: 4(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	15:48	4:47	3	1:42	17	4:04	3.30	15:48	4:47	4	1:42	45		
Finish	3.30	17:18	5:14	5	3:06	23	5:12	6.60	33:06	5:00	4	4:48	22	9:16	