



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Zimmermann, Maik

Club: Nordhausen
Number: 347

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M45

Total time: 34:08

Speed: 11.60 km/h
Running performance: 5:10 min/km

Rank in course/Total: 24 (of 58)

Rank in course/Men: 23 (of 45)

Best time in course: 23:50

Rank in category: 5(of 7)

Best time in the category: 28:18

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	16:53	5:06	6	2:47	24	5:09	3.30	16:53	5:06	5	2:47	13	
Finish	3.30	17:15	5:13	4	3:03	22	5:09	6.60	34:08	5:10	5	5:50	23	10:18