



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: 10.55 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 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	16:53	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	