



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein
Number: 362

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M50

Total time: 35:04

Speed: 10.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 27 (of 58)

Rank in course/Men: 26 (of 45)

Best time in course: 23:50

Rank in category: 3(of 6)

Best time in the category: 28:52

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	17:03	5:10	3	2:40	27	5:19	3.30	17:03	5:10	3	2:40	4	
Finish	3.30	18:01	5:27	3	3:32	27	5:55	6.60	35:04	5:18	3	6:12	26	11:14