



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Schwager, Martin

Club: Sondershausen
Number: 356

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M30

Total time: 35:11

Speed: 10.23 km/h
Running performance: 5:20 min/km

Rank in course/Total: 28 (of 58)

Rank in course/Men: 27 (of 45)

Best time in course: 23:50

Rank in category: 3(of 6)

Best time in the category: 24:11

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	17:27	5:17	3	5:37	30	5:43	3.30	17:27	5:17	3	5:37	5	
Finish	3.30	17:44	5:22	3	5:23	25	5:38	6.60	35:11	5:19	3	11:00	27	11:21