



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Hamann, Mike

Club: Harztor
 Number: 357

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Senioren M40

Total time: 36:05

Speed: 10.97 km/h
 Running performance: 5:28 min/km

Rank in course/Total: 30 (of 58)

Rank in course/Men: 29 (of 45)

Best time in course: 23:50

Rank in category: 4(of 6)

Best time in the category: 26:11

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	17:47	5:23	4	4:56	32	6:03	3.30	17:47	5:23	4	4:56	7		
Finish	3.30	18:18	5:32	3	4:58	29	6:12	6.60	36:05	5:28	4	9:54	29	12:15	