



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: 9.98 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 | 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 | 17:47 | 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 |