



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Ballhause, Norman

Club: Windhausen
Number: 364

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M40

Total time: 37:14

Speed: 9.67 km/h
Running performance: 5:38 min/km

Rank in course/Total: 38 (of 58)

Rank in course/Men: 34 (of 45)

Best time in course: 23:50

Rank in category: 5(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	17:55	5:25	5	5:04	33	6:11	3.30	17:55	5:25	5	5:04	12	
Finish	3.30	19:19	5:51	5	5:59	36	7:13	6.60	37:14	5:38	5	11:03	34	13:24