



**Nordhäuser Citylauf**  
Nordhausen / 21.09.2014

Detailed evaluation

**Klaes, Ralf**

Club: Team Hagentor  
Number: 317

Course: 6.60 km  
2 Runden 6,6 km

Category:  
Senioren M45

Total time: 37:27

Speed: 9.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 39 (of 58)

Rank in course/Men: 35 (of 45)

Best time in course: 23:50

Rank in category: 7(of 7)

Best time in the category: 28:18

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	18:32	5:36	7	4:26	37	6:48	3.30	18:32	5:36	7	4:26	1	-
Finish	3.30	18:55	5:43	7	4:43	32	6:49	6.60	37:27	5:40	7	9:09	35	13:37