



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Hellmund, Thomas

Club: Sv-Kleinvorra
Number: 312

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M50

Total time: 38:15

Speed: 9.41 km/h
Running performance: 5:48 min/km

Rank in course/Total: 40 (of 58)

Rank in course/Men: 36 (of 45)

Best time in course: 23:50

Rank in category: 5(of 6)

Best time in the category: 28:52

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	19:13	5:49	5	4:50	40	7:29	3.30	19:13	5:49	5	4:50	14	0:41
Finish	3.30	19:02	5:46	5	4:33	34	6:56	6.60	38:15	5:47	5	9:23	36	14:25