



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Makarinas, Robert

Club: Nordhausen
Number: 482

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 39:14

Speed: 15.14 km/h
Running performance: 3:58 min/km

Rank in course/Total: 4 (of 90)

Rank in course/Men: 4 (of 75)

Best time in course: 34:35

Rank in category: 1(of 9)

Best time in the category: 39:14

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	12:35	3:48	1	-	4	0:52	3.30	12:35	3:48	1	-	53		
Rundenzeit	3.30	13:14	4:00	1	-	4	1:39	6.60	25:49	3:54	1	-	53		
Finish	3.30	13:25	4:03	1	-	4	2:08	9.90	39:14	3:57	1	-	4	4:39	