



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Canaugira, Tomas**

Club: Zorge  
Number: 480

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M50

Total time: 40:54

Speed: 13.20 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 6 (of 90)

Rank in course/Men: 5 (of 75)

Best time in course: 34:35

Rank in category: 1(of 5)

Best time in the category: 40:54

### 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  | 13:21 | 4:02   | 1    | -      | 6   | 1:38   | 3.30  | 13:21 | 4:02   | 1    | -      | 52  |        |
| Rundenzeit | 3.30  | 13:34 | 4:06   | 1    | -      | 5   | 1:59   | 6.60  | 26:55 | 4:04   | 1    | -      | 52  |        |
| Finish     | 3.30  | 13:59 | 4:14   | 1    | -      | 7   | 2:42   | 9.90  | 40:54 | 4:07   | 1    | -      | 5   | 6:19   |