



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Wiemann, Thomas

Club: Laufgruppe VfL 28 Ellrich
Number: 460

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 41:07

Speed: 13.13 km/h
Running performance: 4:09 min/km

Rank in course/Total: 8 (of 90)

Rank in course/Men: 7 (of 75)

Best time in course: 34:35

Rank in category: 2(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	13:20	4:02	2	0:45	5	1:37	3.30	13:20	4:02	2	0:45	51	
Rundenzeit	3.30	14:02	4:15	2	0:48	8	2:27	6.60	27:22	4:08	2	1:33	51	
Finish	3.30	13:45	4:10	2	0:20	5	2:28	9.90	41:07	4:09	2	1:53	7	6:32