



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Sauerbrei, Rainer

Club: Eisenach
Number: 444

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 41:36

Speed: 12.98 km/h
Running performance: 4:12 min/km

Rank in course/Total: 9 (of 90)

Rank in course/Men: 8 (of 75)

Best time in course: 34:35

Rank in category: 1(of 10)

Best time in the category: 41:36

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	13:28	4:04	1	-	9	1:45	3.30	13:28	4:04	1	-	39	
Rundenzeit	3.30	13:59	4:14	1	-	7	2:24	6.60	27:27	4:09	1	-	49	
Finish	3.30	14:09	4:17	1	-	8	2:52	9.90	41:36	4:12	1	-	8	7:01