



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Klöppel, Christian

Club: Grundschule Frankenhausen
Number: 494

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 42:00

Speed: 12.86 km/h
Running performance: 4:14 min/km

Rank in course/Total: 10 (of 90)

Rank in course/Men: 9 (of 75)

Best time in course: 34:35

Rank in category: 4(of 15)

Best time in the category: 34:35

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	13:27	4:04	3	1:44	7	1:44	3.30	13:27	4:04	3	1:44	48	
Rundenzeit	3.30	14:11	4:17	4	2:36	10	2:36	6.60	27:38	4:11	4	4:20	38	
Finish	3.30	14:22	4:21	4	3:05	9	3:05	9.90	42:00	4:14	4	7:25	9	7:25