



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Gerlach, Sven

Club: BSG Altstadt Nordhausen
Number: 414

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 43:19

Speed: 12.47 km/h
Running performance: 4:23 min/km

Rank in course/Total: 12 (of 90)

Rank in course/Men: 11 (of 75)

Best time in course: 34:35

Rank in category: 2(of 9)

Best time in the category: 42:48

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 | 14:00 | 4:14 | 1 | - | 10 | 2:17 | 3.30 | 14:00 | 4:14 | 2 | | | 46 |
| Rundenzeit | 3.30 | 14:39 | 4:26 | 2 | 0:22 | 13 | 3:04 | 6.60 | 28:39 | 4:20 | 2 | 0:14 | | 46 |
| Finish | 3.30 | 14:40 | 4:26 | 2 | 0:17 | 14 | 3:23 | 9.90 | 43:19 | 4:22 | 2 | 0:31 | 11 | 8:44 |