



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: 13.71 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	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	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