



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg
Number: 489

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 43:21

Speed: 12.46 km/h
Running performance: 4:23 min/km

Rank in course/Total: 14 (of 90)

Rank in course/Men: 13 (of 75)

Best time in course: 34:35

Rank in category: 2(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	14:16	4:19	2	0:48	14	2:33	3.30	14:16	4:19	2	0:48	45	
Rundenzeit	3.30	14:28	4:23	2	0:29	12	2:53	6.60	28:44	4:21	2	1:17	45	
Finish	3.30	14:37	4:25	3	0:28	13	3:20	9.90	43:21	4:22	2	1:45	13	8:46