



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Mackensen, Sylvester

Club: Team Magic
Number: 472

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 44:12

Speed: 12.22 km/h
Running performance: 4:28 min/km

Rank in course/Total: 21 (of 90)

Rank in course/Men: 19 (of 75)

Best time in course: 34:35

Rank in category: 3(of 10)

Best time in the category: 41:36

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 | 14:53 | 4:30 | 3 | 1:25 | 27 | 3:10 | 3.30 | 14:53 | 4:30 | 3 | 1:25 | 49 | |
| Rundenzeit | 3.30 | 14:51 | 4:30 | 3 | 0:52 | 18 | 3:16 | 6.60 | 29:44 | 4:30 | 3 | 2:17 | 39 | |
| Finish | 3.30 | 14:28 | 4:23 | 2 | 0:19 | 12 | 3:11 | 9.90 | 44:12 | 4:27 | 3 | 2:36 | 19 | 9:37 |