



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Nebelung, Marco

Club: Weisser Ring e.V.
Number: 439

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 44:50

Speed: 12.04 km/h
Running performance: 4:32 min/km

Rank in course/Total: 23 (of 90)

Rank in course/Men: 21 (of 75)

Best time in course: 34:35

Rank in category: 5(of 15)

Best time in the category: 34:35

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	14:32	4:24	6	2:49	20	2:49	3.30	14:32	4:24	5	2:49	73	
Rundenzeit	3.30	15:03	4:33	5	3:28	21	3:28	6.60	29:35	4:28	5	6:17	73	
Finish	3.30	15:15	4:37	5	3:58	23	3:58	9.90	44:50	4:31	5	10:15	21	10:15