



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich
Number: 429

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M55

Total time: 45:13

Speed: 13.14 km/h
Running performance: 4:34 min/km

Rank in course/Total: 25 (of 90)

Rank in course/Men: 23 (of 75)

Best time in course: 34:35

Rank in category: 3(of 6)

Best time in the category: 43:57

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	14:44	4:27	2	0:13	23	3:01	3.30	14:44	4:27	3	0:13	72	
Rundenzeit	3.30	15:15	4:37	3	0:36	23	3:40	6.60	29:59	4:32	3	0:48	72	
Finish	3.30	15:14	4:36	3	0:34	22	3:57	9.90	45:13	4:34	3	1:16	23	10:38