



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Knape, Karsten

Club: VG Nordhausen-Salza
Number: 493

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 45:16

Speed: 11.93 km/h
Running performance: 4:34 min/km

Rank in course/Total: 26 (of 90)

Rank in course/Men: 24 (of 75)

Best time in course: 34:35

Rank in category: 6(of 15)

Best time in the category: 34:35

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	14:25	4:22	5	2:42	17	2:42	3.30	14:25	4:22	6	2:42	70		
Rundenzeit	3.30	15:20	4:38	6	3:45	25	3:45	6.60	29:45	4:30	6	6:27	71		
Finish	3.30	15:31	4:42	7	4:14	29	4:14	9.90	45:16	4:34	6	10:41	24	10:41	