



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Fierenz, Adrian

Club: SV Glückauf Sondershausen
Number: 411

Course: 9.90 km
3 Runden 9,9 km

Category:
männliche Jugend U18 (16 und 17 Jahre)

Total time: 45:11

Speed: 11.95 km/h
Running performance: 4:34 min/km

Rank in course/Total: 24 (of 90)

Rank in course/Men: 22 (of 75)

Best time in course: 34:35

Rank in category: 1(of 1)

Best time in the category: 45:11

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	1	-	17	2:42	3.30	14:25	4:22	1	-	70	
Rundenzeit	3.30	15:27	4:40	1	-	28	3:52	6.60	29:52	4:31	1	-	70	
Finish	3.30	15:19	4:38	1	-	24	4:02	9.90	45:11	4:33	1	-	22	10:36