



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Schwarzkopf, Helmut

Club: SV Kyffhäuser
 Number: 454

Course: 9.90 km
 3 Runden 9,9 km

Category:
 Senioren M60

Total time: 46:07

Speed: 11.71 km/h
 Running performance: 4:40 min/km

Rank in course/Total: 30 (of 90)

Rank in course/Men: 28 (of 75)

Best time in course: 34:35

Rank in category: 1(of 5)

Best time in the category: 46:07

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	15:15	4:37	1	-	31	3:32	3.30	15:15	4:37	1	-	58	
Rundenzeit	3.30	15:22	4:39	1	-	26	3:47	6.60	30:37	4:38	1	-	67	
Finish	3.30	15:30	4:41	1	-	27	4:13	9.90	46:07	4:39	1	-	28	11:32