



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Tressel, Tobias

Club: Kirmeschöffenverein Wülfingerode
Number: 478

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M30

Total time: 45:46

Speed: 11.80 km/h
Running performance: 4:37 min/km

Rank in course/Total: 28 (of 90)

Rank in course/Men: 25 (of 75)

Best time in course: 34:35

Rank in category: 7(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	14:52	4:30	7	3:09	26	3:09	3.30	14:52	4:30	7	3:09	66	
Rundenzeit	3.30	15:26	4:40	7	3:51	27	3:51	6.60	30:18	4:35	7	7:00	57	
Finish	3.30	15:28	4:41	6	4:11	26	4:11	9.90	45:46	4:37	7	11:11	25	11:11