



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Witter, Thomas

Club: Nordhausen
Number: 363

Course: 6.60 km
2 Runden 6,6 km

Category:
Senioren M40

Total time: 47:45

Speed: 7.54 km/h
Running performance: 7:14 min/km

Rank in course/Total: 58 (of 58)

Rank in course/Men: 45 (of 45)

Best time in course: 23:50

Rank in category: 6(of 6)

Best time in the category: 26:11

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	22:28	6:48	6	9:37	45	10:44	3.30	22:28	6:48	6	9:37	22	3:56
Finish	3.30	25:17	7:39	6	11:57	45	13:11	6.60	47:45	7:14	6	21:34	45	23:55