



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

John, Volker

Club: Dachsteinrunde
Number: 424

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 49:34

Speed: 10.89 km/h
Running performance: 5:01 min/km

Rank in course/Total: 41 (of 90)

Rank in course/Men: 35 (of 75)

Best time in course: 34:35

Rank in category: 7(of 9)

Best time in the category: 42:48

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	15:17	4:37	7	1:17	32	3:34	3.30	15:17	4:37	7	1:09	14		
Rundenzeit	3.30	17:05	5:10	7	2:48	37	5:30	6.60	32:22	4:54	7	3:57	15		
Finish	3.30	17:12	5:12	7	2:49	38	5:55	9.90	49:34	5:00	7	6:46	35	14:59	