



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Krist, Josef

Club: kein

Number: 428

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 47:07

Speed: 11.46 km/h

Running performance: 4:46 min/km

Rank in course/Total: 33 (of 90)

Rank in course/Men: 30 (of 75)

Best time in course: 34:35

Rank in category: 4(of 10)

Best time in the category: 41:36

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	5	1:49	32	3:34	3.30	15:17	4:37	5	1:49	14	
Rundenzeit	3.30	15:38	4:44	4	1:39	30	4:03	6.60	30:55	4:41	5	3:28	59	
Finish	3.30	16:12	4:54	4	2:03	30	4:55	9.90	47:07	4:45	4	5:31	30	12:32