



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Ehrhold, Sascha

Club: LV Altstadt 98 e.V. Nordhausen
 Number: 407

Course: 9.90 km
 3 Runden 9,9 km

Category:
 Männer

Total time: 51:38

Speed: 10.46 km/h
 Running performance: 5:13 min/km

Rank in course/Total: 47 (of 90)

Rank in course/Men: 41 (of 75)

Best time in course: 34:35

Rank in category: 5(of 9)

Best time in the category: 39:14

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	16:39	5:02	6	4:04	46	4:56	3.30	16:39	5:02	4	4:04	17		
Rundenzeit	3.30	18:00	5:27	5	4:46	50	6:25	6.60	34:39	5:15	4	8:50	18		
Finish	3.30	16:59	5:08	5	3:34	36	5:42	9.90	51:38	5:12	5	12:24	41	17:03	