



Nordhäuser Citylauf

Nordhausen / 21.09.2014

Detailed evaluation

Mewes, Frank

Club: Team Herkules

Number: 434

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 51:40

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 49 (of 90)

Rank in course/Men: 42 (of 75)

Best time in course: 34:35

Rank in category: 7(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	17:08	5:11	8	3:40	49	5:25	3.30	17:08	5:11	7	3:40	16	
Rundenzeit	3.30	17:34	5:19	8	3:35	44	5:59	6.60	34:42	5:15	7	7:15	17	
Finish	3.30	16:58	5:08	6	2:49	35	5:41	9.90	51:40	5:13	7	10:04	42	17:05