



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Törmer, Christian

Club: Sonntagsläufer Tambach-Dietharz
Number: 456

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M35

Total time: 52:59

Speed: 10.19 km/h
Running performance: 5:21 min/km

Rank in course/Total: 53 (of 90)

Rank in course/Men: 46 (of 75)

Best time in course: 34:35

Rank in category: 5(of 10)

Best time in the category: 43:20

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	17:20	5:15	6	3:13	51	5:37	3.30	17:20	5:15	6	2:39	12	0:01
Rundenzeit	3.30	17:44	5:22	6	3:36	47	6:09	6.60	35:04	5:18	6	6:15	13	
Finish	3.30	17:55	5:25	7	3:32	51	6:38	9.90	52:59	5:21	5	9:39	46	18:24