



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Gille, Wiegbert

Club: VfL Hüpstedt
Number: 496

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M55

Total time: 52:41

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 51 (of 90)

Rank in course/Men: 45 (of 75)

Best time in course: 34:35

Rank in category: 6(of 6)

Best time in the category: 43:57

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	17:19	5:14	6	2:48	50	5:36	3.30	17:19	5:14	5	2:48	1	-
Rundenzeit	3.30	17:31	5:18	5	2:52	43	5:56	6.60	34:50	5:16	5	5:39	12	
Finish	3.30	17:51	5:24	6	3:11	48	6:34	9.90	52:41	5:19	6	8:44	45	18:06