



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Rücke, Maik

Club: Nordhausen
Number: 443

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 53:18

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 56 (of 90)

Rank in course/Men: 48 (of 75)

Best time in course: 34:35

Rank in category: 6(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	17:57	5:26	7	5:22	56	6:14	3.30	17:57	5:26	6	5:22	8	0:38
Rundenzeit	3.30	18:01	5:27	6	4:47	51	6:26	6.60	35:58	5:26	6	10:09	9	
Finish	3.30	17:20	5:15	6	3:55	41	6:03	9.90	53:18	5:23	6	14:04	48	18:43