



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

Detailed evaluation

Oppenhäuser, Andreas

Number: 441

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M50

Total time: 54:14

Speed: 9.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 58 (of 90)

Rank in course/Men: 51 (of 75)

Best time in course: 34:35

Rank in category: 3(of 5)

Best time in the category: 40:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	16:52	5:06	4	3:31	48	5:09	3.30	16:52	5:06	3	3:31	7	
Rundenzeit	3.30	18:18	5:32	4	4:44	54	6:43	6.60	35:10	5:19	3	8:15	8	
Finish	3.30	19:04	5:46	3	5:05	54	7:47	9.90	54:14	5:28	3	13:20	51	19:39