



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

### Lützkendorf, Falk

Club: Omi Schecki Gedächtnis Laufgruppe  
Number: 491

Course: 9.90 km  
3 Runden 9,9 km

Category:  
Senioren M50

Total time: 57:00

Speed: 9.47 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 67 (of 90)

Rank in course/Men: 59 (of 75)

Best time in course: 34:35

Rank in category: 4(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	15:55	4:49	2	2:34	36	4:12	3.30	15:55	4:49	4	2:34	36	
Rundenzeit	3.30	15:53	4:48	2	2:19	33	4:18	6.60	31:48	4:49	4	4:53	36	
Finish	3.30	25:12	7:38	5	11:13	73	13:55	9.90	57:00	5:45	4	16:06	59	22:25