



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Hesse, Frederic

Club: Weisse Ring e.V.
Number: 421

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 53:25

Speed: 10.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 57 (of 90)

Rank in course/Men: 50 (of 75)

Best time in course: 34:35

Rank in category: 7(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	15:17	4:37	3	2:42	32	3:34	3.30	15:17	4:37	5	2:42	14		
Rundenzeit	3.30	18:28	5:35	8	5:14	55	6:53	6.60	33:45	5:06	8	7:56	34		
Finish	3.30	19:40	5:57	8	6:15	57	8:23	9.90	53:25	5:23	7	14:11	50	18:50	