



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Impens, Marcel

Club: Nordhausen
Number: 475

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M50

Total time: 59:11

Speed: 9.12 km/h
Running performance: 5:59 min/km

Rank in course/Total: 74 (of 90)

Rank in course/Men: 65 (of 75)

Best time in course: 34:35

Rank in category: 5(of 5)

Best time in the category: 40:54

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	19:07	5:47	5	5:46	63	7:24	3.30	19:07	5:47	5	5:46	29	1:48
Rundenzeit	3.30	20:11	6:06	5	6:37	67	8:36	6.60	39:18	5:57	5	12:23	20	3:13
Finish	3.30	19:53	6:01	4	5:54	59	8:36	9.90	59:11	5:58	5	18:17	65	24:36