



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Stephan, Sven

Club: VFB 1922 Bischofferode
Number: 492

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 1:00:53

Speed: 8.87 km/h
Running performance: 6:09 min/km

Rank in course/Total: 79 (of 90)

Rank in course/Men: 67 (of 75)

Best time in course: 34:35

Rank in category: 9(of 10)

Best time in the category: 41:36

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	18:39	5:39	9	5:11	60	6:56	3.30	18:39	5:39	9	5:11	27	1:20
Rundenzeit	3.30	20:25	6:11	9	6:26	68	8:50	6.60	39:04	5:55	9	11:37	27	2:59
Finish	3.30	21:49	6:36	9	7:40	69	10:32	9.90	1:00:53	6:08	9	19:17	67	26:18