



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen

Number: 335

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M55

Total time: 28:03

Speed: 12.83 km/h

Rank in course/Total: 7 (of 57)

Rank in course/Men: 6 (of 43)

Best time in course: 23:51

Rank in category: 1(of 4)

Best time in the category: 28:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Rundenzeit	3.30	13:51	13.00	1	-	5	2:00	3.30	13:51	13.00	1	-	5	2:00
Finish	3.30	14:12	12.68	1	-	6	2:12	6.60	28:03	12.83	1	-	6	4:12