



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Thomas, Stier

Club: Ironman

Number: 358

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 38:09

Speed: 9.44 km/h

Rank in course/Total: 37 (of 57)

Rank in course/Men: 31 (of 43)

Best time in course: 23:51

Rank in category: 7(of 7)

Best time in the category: 30:42

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	19:22	9.29	7	4:12	35	7:31	3.30	19:22	9.29	7	4:12	35	7:31
Finish	3.30	18:47	9.58	7	3:15	30	6:47	6.60	38:09	9.44	7	7:27	31	14:18