



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Kouschil, Thomas

Club: Klemme AG Nordhausen

Number: 454

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 40:14

Speed: 13.42 km/h

Rank in course/Total: 5 (of 135)

Rank in course/Men: 5 (of 105)

Best time in course: 35:25

Rank in category: 1(of 12)

Best time in the category: 40:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	13:07	13.72	1	-	6	1:22	3.30	13:07	13.72	1	-	6	1:22
Rundenzeit	3.30	13:26	13.40	1	-	5	1:34	6.60	26:33	13.56	1	-	4	2:56
Finish	3.30	13:41	13.15	2	0:09	7	1:53	9.90	40:14	13.42	1	-	5	4:49