



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich

Number: 494

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 40:39

Speed: 13.28 km/h

Rank in course/Total: 9 (of 135)

Rank in course/Men: 9 (of 105)

Best time in course: 35:25

Rank in category: 3(of 12)

Best time in the category: 40:14

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	13:26	13.40	3	0:19	11	1:41	3.30	13:26	13.40	3	0:19	11	1:41
Rundenzeit	3.30	13:41	13.15	3	0:15	8	1:49	6.60	27:07	13.28	3	0:34	12	3:30
Finish	3.30	13:32	13.30	1	-	4	1:44	9.90	40:39	13.28	3	0:25	9	5:14