



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Lars, Kindervater

Club: Fsv schernberg

Number: 356

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 42:34

Speed: 12.69 km/h

Rank in course/Total: 15 (of 135)

Rank in course/Men: 15 (of 105)

Best time in course: 35:25

Rank in category: 4(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	13:52	12.98	4	0:45	14	2:07	3.30	13:52	12.98	4	0:45	14	2:07
Rundenzeit	3.30	14:16	12.62	4	0:50	14	2:24	6.60	28:08	12.80	4	1:35	14	4:31
Finish	3.30	14:26	12.47	4	0:54	17	2:38	9.90	42:34	12.69	4	2:20	15	7:09