



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Krist, Josef

Club: Nordhausen

Number: 456

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 47:04

Speed: 11.47 km/h

Rank in course/Total: 43 (of 135)

Rank in course/Men: 42 (of 105)

Best time in course: 35:25

Rank in category: 4(of 11)

Best time in the category: 41:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Rundenzeit	3.30	15:33	11.58	5	1:42	51	3:48	3.30	15:33	11.58	5	1:42	51	3:48				
Rundenzeit	3.30	15:34	11.56	3	1:40	38	3:42	6.60	31:07	11.57	5	3:22	45	7:30				
Finish	3.30	15:57	11.29	3	1:59	43	4:09	9.90	47:04	11.47	4	5:21	42	11:39				