



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig

Number: 479

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M50

Total time: 46:28

Speed: 12.78 km/h

Rank in course/Total: 37 (of 135)

Rank in course/Men: 37 (of 105)

Best time in course: 35:25

Rank in category: 5(of 12)

Best time in the category: 40:24

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	14:58	13.23	4	1:29	34	3:13	3.30	14:58	13.23	4	1:29	34	3:13				
Rundenzeit	3.30	15:39	12.65	5	2:31	40	3:47	6.60	30:37	12.93	5	4:00	38	7:00				
Finish	3.30	15:51	12.49	5	2:04	41	4:03	9.90	46:28	12.78	5	6:04	37	11:03				