



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Mewes, Frank

Club: Harztor-Läufer/ SV Hannovera e.V.
Number: 421

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 50:44

Speed: 10.64 km/h

Rank in course/Total: 67 (of 135)

Rank in course/Men: 63 (of 105)

Best time in course: 35:25

Rank in category: 8(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.	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	16:03	11.21	7	2:12	59	4:18	3.30	16:03	11.21	7	2:12	59	4:18
Rundenzeit	3.30	17:09	10.50	9	3:15	65	5:17	6.60	33:12	10.84	6	5:27	59	9:35
Finish	3.30	17:32	10.27	8	3:34	66	5:44	9.90	50:44	10.64	8	9:01	63	15:19