



# 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: 11.71 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	12.34	7	2:12	59	4:18	3.30	16:03	12.34	7	2:12	59	4:18
Rundenzeit	3.30	17:09	11.55	9	3:15	65	5:17	6.60	33:12	11.93	6	5:27	59	9:35
Finish	3.30	17:32	11.29	8	3:34	66	5:44	9.90	50:44	11.71	8	9:01	63	15:19