



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Krüger, Lars

Club: GutsMuths-Rennsteiglaufverein

Number: 457

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 53:58

Speed: 11.01 km/h

Rank in course/Total: 93 (of 135)

Rank in course/Men: 82 (of 105)

Best time in course: 35:25

Rank in category: 11(of 11)

Best time in the category: 41:43

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Rundenzeit	3.30	17:37	11.24	11	3:46	82	5:52	3.30	17:37	11.24	11	3:46	82	5:52
Rundenzeit	3.30	18:08	10.92	11	4:14	81	6:16	6.60	35:45	11.08	11	8:00	82	12:08
Finish	3.30	18:13	10.87	11	4:15	80	6:25	9.90	53:58	11.01	11	12:15	82	18:33