



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Lange, Lars

Club: Nordhausen

Number: 459

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 55:56

Speed: 9.65 km/h

Rank in course/Total: 104 (of 135)

Rank in course/Men: 89 (of 105)

Best time in course: 35:25

Rank in category: 11(of 12)

Best time in the category: 40:14

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	17:44	10.15	10	4:37	86	5:59	3.30	17:44	10.15	10	4:37	86	5:59	
Rundenzeit	3.30	18:36	9.68	11	5:10	89	6:44	6.60	36:20	9.91	10	9:47	86	12:43	
Finish	3.30	19:36	9.18	12	6:04	94	7:48	9.90	55:56	9.65	11	15:42	89	20:31	