



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Zimmermann, Ines

Club: Nordhausen
Number: 201

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W45

Total time: 34:48

Speed: 10.34 km/h
Running performance: 5:16 min/km

Rank in course/Total: 30 (of 44)

Rank in course/Women: 2 (of 8)

Best time in course: 34:20

Rank in category: 1 (of 4)

Best time in the category: 34:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	3.30	16:37	5:02	1	-	1	-	3.30	16:37	5:02	3	-	6	-
Finish	3.30	18:11	5:30	1	-	3	0:31	6.60	34:48	5:16	1	-	2	0:28