



9. Nordhäuser Citylauf

Nordhausen / 15.09.2013

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer
Number: 323

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W35

Total time: 50:52

Speed: 11.68 km/h
Running performance: 5:08 min/km

Rank in course/Total: 67 (of 78)
Rank in course/Women: 8 (of 10)
Best time in course: 41:37

Rank in category: 1(of 1)
Best time in the category: 50:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	16:51	5:06	1	-	7	3:26	3.30	16:51	5:06	1	-	7	2:43
Rundenzeit	3.30	17:11	5:12	1	-	7	3:00	6.60	34:02	5:09	1	-	7	5:40
Finish	3.30	16:50	5:06	1	-	7	2:49	9.90	50:52	5:08	1	-	8	9:15