



**Nordhäuser Citylauf**  
 Nordhausen / 21.09.2014

Detailed evaluation

Urban, Heike

Club: WEISSER RING e.V.  
 Number: 339

Course: 6.60 km  
 2 Runden 6,6 km

Category:  
 Seniorinnen W45

Total time: 36:45

Speed: 9.80 km/h  
 Running performance: 5:34 min/km

Rank in course/Total: 34 (of 58)  
 Rank in course/Women: 2 (of 13)  
 Best time in course: 28:11

Rank in category: 1(of 4)  
 Best time in the category: 36:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	18:09	5:30	1	-	2	4:20	3.30	18:09	5:30	1	-	2	4:20
Finish	3.30	18:36	5:38	1	-	3	4:14	6.60	36:45	5:34	1	-	2	8:34