



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Kiel, Silke

Club: MTV Niedersachswerfen e.V.
Number: 316

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W40

Total time: 40:34

Speed: 8.87 km/h
Running performance: 6:09 min/km

Rank in course/Total: 47 (of 58)
Rank in course/Women: 6 (of 13)
Best time in course: 28:11

Rank in category: 1(of 3)
Best time in the category: 40:34

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	20:24	6:10	1	-	9	6:35	3.30	20:24	6:10	1	-	6	6:35
Finish	3.30	20:10	6:06	1	-	5	5:48	6.60	40:34	6:08	1	-	6	12:23