



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

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Club: Academy of Life e.V. Nordhausen
Number: 309

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W40

Total time: 42:24

Speed: 8.49 km/h
Running performance: 6:25 min/km

Rank in course/Total: 53 (of 58)
Rank in course/Women: 11 (of 13)
Best time in course: 28:11

Rank in category: 2(of 3)
Best time in the category: 40:34

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	21:57	6:39	2	1:33	12	8:08	3.30	21:57	6:39	2	1:33	10	8:08
Finish	3.30	20:27	6:11	2	0:17	7	6:05	6.60	42:24	6:25	2	1:50	11	14:13