



Nordhäuser Citylauf
 Nordhausen / 21.09.2014

Detailed evaluation

Wieseler, Heike

Club: MTV Niedersachswerfen e.V.
 Number: 345

Course: 6.60 km
 2 Runden 6,6 km

Category:
 Seniorinnen W45

Total time: 43:22

Speed: 8.30 km/h
 Running performance: 6:34 min/km

Rank in course/Total: 54 (of 58)
 Rank in course/Women: 12 (of 13)
 Best time in course: 28:11

Rank in category: 4(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	20:58	6:21	4	2:49	11	7:09	3.30	20:58	6:21	3	2:49	11	7:09
Finish	3.30	22:24	6:47	4	3:48	12	8:02	6.60	43:22	6:34	4	6:37	12	15:11