



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Zimmermann, Ines

Club: Nordhausen
Number: 346

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W45

Total time: 40:49

Speed: 9.70 km/h
Running performance: 6:11 min/km

Rank in course/Total: 49 (of 58)
Rank in course/Women: 8 (of 13)
Best time in course: 28:11

Rank in category: 3(of 4)
Best time in the category: 36:45

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 | 18:45 | 5:40 | 2 | 0:36 | 5 | 4:56 | 3.30 | 18:45 | 5:40 | 4 | 0:36 | 13 | 4:56 |
| Finish | 3.30 | 22:04 | 6:41 | 3 | 3:28 | 11 | 7:42 | 6.60 | 40:49 | 6:11 | 3 | 4:04 | 8 | 12:38 |