



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: 8.82 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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	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