



Nordhäuser Citylauf
Nordhausen / 21.09.2014

Detailed evaluation

Thorhauer, Henriette

Club: SV Glückauf Sondershausen
Number: 385

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W45

Total time: 48:45

Speed: 11.08 km/h
Running performance: 4:55 min/km

Rank in course/Total: 37 (of 90)

Rank in course/Women: 5 (of 15)

Best time in course: 40:04

Rank in category: 1(of 2)

Best time in the category: 48:45

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	15:52	4:48	1	-	4	2:30	3.30	15:52	4:48	1	-	4	2:30
Rundenzeit	3.30	16:19	4:56	1	-	4	2:58	6.60	32:11	4:52	1	-	4	5:28
Finish	3.30	16:34	5:01	1	-	5	6:31	9.90	48:45	4:55	1	-	5	8:41