



# 11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

## Detailed evaluation

Urban, Heike

Club: VfL28Ellrich

Number: 322

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W45

Total time: 36:07

Speed: 9.97 km/h

Rank in course/Total: 30 (of 57)

Rank in course/Women: 4 (of 14)

Best time in course: 26:58

Rank in category: 1 (of 3)

Best time in the category: 36:07

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	17:46	10.13	1	-	4	4:36	3.30	17:46	10.13	1	-	4	4:36
Finish	3.30	18:21	9.81	1	-	4	4:33	6.60	36:07	9.97	1	-	4	9:09