



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: 10.96 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	11.14	1	-	4	4:36	3.30	17:46	11.14	1	-	4	4:36
Finish	3.30	18:21	10.79	1	-	4	4:33	6.60	36:07	10.96	1	-	4	9:09