



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Kiel, Silke

Club: Harztor-Läufer/ SV Hannovera e.V.
Number: 309

Course: 6.60 km
2 Runden 6,6 km

Category:
Seniorinnen W40

Total time: 40:29

Speed: 8.89 km/h

Rank in course/Total: 45 (of 57)

Rank in course/Women: 9 (of 14)

Best time in course: 26:58

Rank in category: 2(of 2)

Best time in the category: 32:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Wome	Cat.	Women				Cat.	Wome	Cat.	Women
Rundenzeit	3.30	20:13	8.90	2	4:28	10	7:03	3.30	20:13	8.90	2	4:28	10	7:03
Finish	3.30	20:16	8.88	2	3:40	8	6:28	6.60	40:29	8.89	2	8:08	9	13:31