



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Rensing, Daniez

Club: Sv nordhausen 90ABT Triatlon
Number: 517

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M45

Total time: 44:54

Speed: 12.03 km/h

Rank in course/Total: 27 (of 135)

Rank in course/Men: 27 (of 105)

Best time in course: 35:25

Rank in category: 7(of 12)

Best time in the category: 40:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	14:41	12.26	7	1:34	27	2:56	3.30	14:41	12.26	7	1:34	27	2:56	
Rundenzeit	3.30	15:08	11.89	7	1:42	28	3:16	6.60	29:49	12.07	7	3:16	26	6:12	
Finish	3.30	15:05	11.93	6	1:33	26	3:17	9.90	44:54	12.03	7	4:40	27	9:29	