



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Ponick, Alexander

Club: Großlohra-Kleinwenden

Number: 465

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 51:20

Speed: 10.52 km/h

Rank in course/Total: 71 (of 135)

Rank in course/Men: 67 (of 105)

Best time in course: 35:25

Rank in category: 10(of 11)

Best time in the category: 41:43

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	15:49	11.38	6	1:58	58	4:04	3.30	15:49	11.38	6	1:58	58	4:04
Rundenzeit	3.30	17:34	10.25	10	3:40	69	5:42	6.60	33:23	10.78	8	5:38	63	9:46
Finish	3.30	17:57	10.03	10	3:59	72	6:09	9.90	51:20	10.52	10	9:37	67	15:55