



# 11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

## Detailed evaluation

**Forst, Cassandra**

Club: INJOY Nordhausen GmbH

Number: 406

Course: 9.90 km

3 Runden 9,9 km

Category:

weibliche Jugend U20 (18 und 19 Jahre)

Total time: 51:42

Speed: 10.44 km/h

Rank in course/Total: 75 (of 135)

Rank in course/Women: 6 (of 30)

Best time in course: 48:40

Rank in category: 1(of 2)

Best time in the category: 51:42

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |               |             |                |              |                 |
|------------|-------------|---------------|---------------|-------------|----------------|--------------|-----------------|---------------|---------------|---------------|-------------|----------------|--------------|-----------------|
|            |             |               |               |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Rundenzeit | 3.30        | 17:08         | 10.51         | 1           | -              | 7            | 1:24            | 3.30          | 17:08         | 10.51         | 1           | -              | 7            | 1:24            |
| Rundenzeit | 3.30        | 17:18         | 10.40         | 1           | -              | 5            | 0:54            | 6.60          | 34:26         | 10.45         | 1           | -              | 7            | 2:18            |
| Finish     | 3.30        | 17:16         | 10.42         | 1           | -              | 5            | 0:44            | 9.90          | 51:42         | 10.44         | 1           | -              | 6            | 3:02            |