



11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 436

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W50

Total time: 53:29

Speed: 10.10 km/h

Rank in course/Total: 88 (of 135)

Rank in course/Women: 10 (of 30)

Best time in course: 48:40

Rank in category: 2(of 4)

Best time in the category: 48:40

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	17:16	10.42	2	1:32	8	1:32	3.30	17:16	10.42	2	1:32	8	1:32	
Rundenzeit	3.30	17:55	10.05	2	1:31	10	1:31	6.60	35:11	10.23	2	3:03	9	3:03	
Finish	3.30	18:18	9.84	2	1:46	11	1:46	9.90	53:29	10.10	2	4:49	10	4:49	