



# 11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

## Detailed evaluation

**Erny, Thomas**

Club: Academy of life e. V.

Number: 416

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 46:12

Speed: 11.69 km/h

Rank in course/Total: 36 (of 135)

Rank in course/Men: 36 (of 105)

Best time in course: 35:25

Rank in category: 8(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Rundenzeit	3.30	14:57	12.04	8	1:50	31	3:12	3.30	14:57	12.04	8	1:50	31	3:12				
Rundenzeit	3.30	15:36	11.54	9	2:10	39	3:44	6.60	30:33	11.78	9	4:00	37	6:56				
Finish	3.30	15:39	11.50	8	2:07	37	3:51	9.90	46:12	11.69	8	5:58	36	10:47				