



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: 12.86 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.	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	14:57	13.24	8	1:50	31	3:12	3.30	14:57	13.24	8	1:50	31	3:12	
Rundenzeit	3.30	15:36	12.69	9	2:10	39	3:44	6.60	30:33	12.96	9	4:00	37	6:56	
Finish	3.30	15:39	12.65	8	2:07	37	3:51	9.90	46:12	12.86	8	5:58	36	10:47	