



# 11. Nordhäuser Citylauf

Nordhausen / 20.09.2015

## Detailed evaluation

Helbing, Sabine

Club: INJOY Nordhausen GmbH

Number: 484

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W45

Total time: 56:37

Speed: 10.49 km/h

Rank in course/Total: 106 (of 135)

Rank in course/Women: 16 (of 30)

Best time in course: 48:40

Rank in category: 1(of 1)

Best time in the category: 56:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	km/h	Pos	Behind	Pos				
Rundenzeit	3.30	18:01	10.99	1	-	17	2:17	3.30	18:01	10.99	1	-	17	2:17			
Rundenzeit	3.30	19:15	10.29	1	-	17	2:51	6.60	37:16	10.63	1	-	16	5:08			
Finish	3.30	19:21	10.23	1	-	16	2:49	9.90	56:37	10.49	1	-	16	7:57			