



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Knopf, Stephan

Club: Orthim Triathlon Team

Number: 542

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M30

Total time: 24:07

Speed: 14.93 km/h

Running performance: 3:39 min/km

Rank in course/Total: 1 (of 65)

Rank in course/Men: 1 (of 42)

Best time in course: 24:07

Rank in category: 1(of 6)

Best time in the category: 24:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	11:48	3:34	1	-	1	-	3.30	11:48	3:34	1	-	1	-
Finish	3.30	12:19	3:43	1	-	1	-	6.60	24:07	3:39	1	-	1	-