



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Nagel, Silvio

Club: 1. TTC Münster

Number: 272

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M30

Total time: 25:36

Speed: 14.06 km/h

Running performance: 3:53 min/km

Rank in course/Total: 2 (of 65)

Rank in course/Men: 2 (of 42)

Best time in course: 24:07

Rank in category: 2(of 6)

Best time in the category: 24:07

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	12:33	3:48	2	0:45	2	0:45	3.30	12:33	3:48	2	0:45	2	0:45
Finish	3.30	13:03	3:57	2	0:44	2	0:44	6.60	25:36	3:52	2	1:29	2	1:29