



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Zollner, Norman

Club: SV Glückauf Sondershausen

Number: 355

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M40

Total time: 26:11

Speed: 13.75 km/h

Running performance: 3:58 min/km

Rank in course/Total: 3 (of 65)

Rank in course/Men: 3 (of 42)

Best time in course: 24:07

Rank in category: 1(of 3)

Best time in the category: 26:11

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	12:58	3:55	1	-	3	1:10	3.30	12:58	3:55	1	-	3	1:10
Finish	3.30	13:13	4:00	1	-	3	0:54	6.60	26:11	3:58	1	-	3	2:04