



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Sodat, Milad

Club: Frohe Zukunft Nordhausen e.V.

Number: 342

Course: 6.60 km

2 Runden 6,6 km

Category:

männliche Jugend U18 (16 und 17 Jahre)

Total time: 28:27

Speed: 12.65 km/h

Running performance: 4:19 min/km

Rank in course/Total: 5 (of 65)

Rank in course/Men: 5 (of 42)

Best time in course: 24:07

Rank in category: 1(of 9)

Best time in the category: 28:27

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	13:09	3:59	1	-	4	1:21	3.30	13:09	3:59	1	-	4	1:21
Finish	3.30	15:18	4:38	1	-	7	2:59	6.60	28:27	4:18	1	-	5	4:20