



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Fierenz, Alexander

Club: SV Glückauf Sondershausen

Number: 543

Course: 6.60 km

2 Runden 6,6 km

Category:

Männer

Total time: 28:28

Speed: 12.65 km/h

Running performance: 4:19 min/km

Rank in course/Total: 6 (of 65)

Rank in course/Men: 6 (of 42)

Best time in course: 24:07

Rank in category: 1(of 3)

Best time in the category: 28:28

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	13:19	4:02	1	-	5	1:31	3.30	13:19	4:02	1	-	5	1:31
Finish	3.30	15:09	4:35	1	-	6	2:50	6.60	28:28	4:18	1	-	6	4:21