



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Riemann, Helge

Club: Nordhausen

Number: 379

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 29:29

Speed: 12.21 km/h

Running performance: 4:28 min/km

Rank in course/Total: 7 (of 65)

Rank in course/Men: 7 (of 42)

Best time in course: 24:07

Rank in category: 1(of 6)

Best time in the category: 29:29

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	14:43	4:27	1	-	10	2:55	3.30	14:43	4:27	1	-	10	2:55
Finish	3.30	14:46	4:28	1	-	5	2:27	6.60	29:29	4:28	1	-	7	5:22