



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Zwanzig, Oskar

Club: LV Altstadt 98 Nordhausen e.V.

Number: 358

Course: 6.60 km

2 Runden 6,6 km

Category:

männliche Jugend U18 (16 und 17 Jahre)

Total time: 29:39

Speed: 12.14 km/h

Running performance: 4:29 min/km

Rank in course/Total: 8 (of 65)

Rank in course/Men: 8 (of 42)

Best time in course: 24:07

Rank in category: 2(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	14:06	4:16	4	0:57	9	2:18	3.30	14:06	4:16	4	0:57	9	2:18
Finish	3.30	15:33	4:42	2	0:15	8	3:14	6.60	29:39	4:29	2	1:12	8	5:32