



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Weise, Helmut

Club: LAC Eichsfeld

Number: 385

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M65

Total time: 31:10

Speed: 11.55 km/h

Running performance: 4:43 min/km

Rank in course/Total: 11 (of 65)

Rank in course/Men: 11 (of 42)

Best time in course: 24:07

Rank in category: 1(of 2)

Best time in the category: 31:10

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	15:21	4:39	1	-	13	3:33	3.30	15:21	4:39	1	-	13	3:33
Finish	3.30	15:49	4:47	1	-	10	3:30	6.60	31:10	4:43	1	-	11	7:03