



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Grimme, Matthias

Club: Südharz Klinikum

Number: 371

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M30

Total time: 31:22

Speed: 11.48 km/h

Running performance: 4:45 min/km

Rank in course/Total: 12 (of 65)

Rank in course/Men: 12 (of 42)

Best time in course: 24:07

Rank in category: 4(of 6)

Best time in the category: 24:07

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	14:52	4:30	4	3:04	11	3:04	3.30	14:52	4:30	4	3:04	11	3:04
Finish	3.30	16:30	5:00	4	4:11	15	4:11	6.60	31:22	4:45	4	7:15	12	7:15