



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Heintze, Kai

Club: Hainichläufer

Number: 365

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 31:32

Speed: 11.42 km/h

Running performance: 4:47 min/km

Rank in course/Total: 13 (of 65)

Rank in course/Men: 13 (of 42)

Best time in course: 24:07

Rank in category: 2(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	15:43	4:45	2	1:00	17	3:55	3.30	15:43	4:45	2	1:00	17	3:55
Finish	3.30	15:49	4:47	2	1:03	10	3:30	6.60	31:32	4:46	2	2:03	13	7:25