



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Elter, Sandro

Club: GW Uthleben

Number: 374

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M35

Total time: 31:49

Speed: 11.31 km/h

Running performance: 4:49 min/km

Rank in course/Total: 14 (of 65)

Rank in course/Men: 14 (of 42)

Best time in course: 24:07

Rank in category: 1(of 3)

Best time in the category: 31:49

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	15:26	4:40	1	-	15	3:38	3.30	15:26	4:40	1	-	15	3:38
Finish	3.30	16:23	4:57	1	-	14	4:04	6.60	31:49	4:49	1	-	14	7:42