



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kavemann, Matthias

Club: Gräfentonna

Number: 380

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M50

Total time: 32:05

Speed: 11.22 km/h

Running performance: 4:52 min/km

Rank in course/Total: 15 (of 65)

Rank in course/Men: 15 (of 42)

Best time in course: 24:07

Rank in category: 1(of 4)

Best time in the category: 32:05

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	15:24	4:40	1	-	14	3:36	3.30	15:24	4:40	1	-	14	3:36
Finish	3.30	16:41	5:03	1	-	17	4:22	6.60	32:05	4:51	1	-	15	7:58