



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gali, Rahim

Club: Frohe Zukunft Nordhausen e.V.

Number: 395

Course: 6.60 km

2 Runden 6,6 km

Category:

männliche Jugend U20 (18 und 19 Jahre)

Total time: 32:18

Speed: 11.15 km/h

Running performance: 4:53 min/km

Rank in course/Total: 17 (of 65)

Rank in course/Men: 17 (of 42)

Best time in course: 24:07

Rank in category: 1(of 1)

Best time in the category: 32:18

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	14:56	4:31	1	-	12	3:08	3.30	14:56	4:31	1	-	12	3:08
Finish	3.30	17:22	5:15	1	-	21	5:03	6.60	32:18	4:53	1	-	17	8:11