



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Golembewski, Werner

Club: LTV Obereichsfeld

Number: 383

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M60

Total time: 32:28

Speed: 11.09 km/h

Running performance: 4:55 min/km

Rank in course/Total: 18 (of 65)

Rank in course/Men: 18 (of 42)

Best time in course: 24:07

Rank in category: 1(of 2)

Best time in the category: 32:28

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	16:09	4:53	1	-	20	4:21	3.30	16:09	4:53	1	-	20	4:21
Finish	3.30	16:19	4:56	1	-	13	4:00	6.60	32:28	4:55	1	-	18	8:21