



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Jahn, Mirko**

Club: SSV Erfurt Nord e. V.

Number: 378

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 32:44

Speed: 11.00 km/h

Running performance: 4:58 min/km

Rank in course/Total: 19 (of 65)

Rank in course/Men: 19 (of 42)

Best time in course: 24:07

Rank in category: 3(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	16:02	4:51	3	1:19	19	4:14	3.30	16:02	4:51	3	1:19	19	4:14
Finish	3.30	16:42	5:03	3	1:56	18	4:23	6.60	32:44	4:57	3	3:15	19	8:37