



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Köppen, Klaus

Club: TuS Elbingerode

Number: 382

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M55

Total time: 33:19

Speed: 10.81 km/h

Running performance: 5:03 min/km

Rank in course/Total: 21 (of 65)

Rank in course/Men: 21 (of 42)

Best time in course: 24:07

Rank in category: 2(of 3)

Best time in the category: 33:09

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	16:17	4:56	2	0:02	23	4:29	3.30	16:17	4:56	2	0:02	23	4:29
Finish	3.30	17:02	5:09	2	0:08	20	4:43	6.60	33:19	5:02	2	0:10	21	9:12