



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Haenecke, Matthias

Club: Hochschule Nordhausen

Number: 339

Course: 6.60 km

2 Runden 6,6 km

Category:

Männer

Total time: 34:16

Speed: 10.51 km/h

Running performance: 5:11 min/km

Rank in course/Total: 23 (of 65)

Rank in course/Men: 23 (of 42)

Best time in course: 24:07

Rank in category: 2(of 3)

Best time in the category: 28:28

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	16:25	4:58	2	3:06	24	4:37	3.30	16:25	4:58	2	3:06	24	4:37
Finish	3.30	17:51	5:24	2	2:42	25	5:32	6.60	34:16	5:11	2	5:48	23	10:09