



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hermansa, Steffen

Club: Nordhausen

Number: 348

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M35

Total time: 34:19

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 24 (of 65)

Rank in course/Men: 24 (of 42)

Best time in course: 24:07

Rank in category: 2(of 3)

Best time in the category: 31:49

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	16:40	5:03	2	1:14	26	4:52	3.30	16:40	5:03	2	1:14	26	4:52
Finish	3.30	17:39	5:20	2	1:16	22	5:20	6.60	34:19	5:11	2	2:30	24	10:12