



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer

Number: 364

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W40

Total time: 34:26

Speed: 10.45 km/h

Running performance: 5:13 min/km

Rank in course/Total: 27 (of 65)

Rank in course/Women: 1 (of 23)

Best time in course: 34:26

Rank in category: 1 (of 3)

Best time in the category: 34:26

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | | | | | | | | | |
| Rundenzeit | 3.30 | 17:09 | 5:11 | 1 | - | 1 | - | 3.30 | 17:09 | 5:11 | 1 | - | 1 | - |
| Finish | 3.30 | 17:17 | 5:14 | 1 | - | 1 | - | 6.60 | 34:26 | 5:13 | 1 | - | 1 | - |