



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Liesegang, Frank

Club: LV Altstadt 98 Nordhausen e.V.

Number: 359

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M40

Total time: 34:22

Speed: 10.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 25 (of 65)

Rank in course/Men: 25 (of 42)

Best time in course: 24:07

Rank in category: 2(of 3)

Best time in the category: 26:11

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	16:29	4:59	2	3:31	25	4:41	3.30	16:29	4:59	2	3:31	25	4:41
Finish	3.30	17:53	5:25	3	4:40	27	5:34	6.60	34:22	5:12	2	8:11	25	10:15