



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Graß, Dave

Club: eldorado Nordhausen

Number: 377

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M40

Total time: 34:24

Speed: 10.47 km/h

Running performance: 5:13 min/km

Rank in course/Total: 26 (of 65)

Rank in course/Men: 26 (of 42)

Best time in course: 24:07

Rank in category: 3(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	16:40	5:03	3	3:42	26	4:52	3.30	16:40	5:03	3	3:42	26	4:52
Finish	3.30	17:44	5:22	2	4:31	24	5:25	6.60	34:24	5:12	3	8:13	26	10:17