



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gatzke, Michael

Club: Harz-Racing e.V.

Number: 547

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 34:15

Speed: 10.51 km/h

Running performance: 5:11 min/km

Rank in course/Total: 22 (of 65)

Rank in course/Men: 22 (of 42)

Best time in course: 24:07

Rank in category: 4(of 6)

Best time in the category: 29:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	16:15	4:55	4	1:32	21	4:27	3.30	16:15	4:55	4	1:32	21	4:27
Finish	3.30	18:00	5:27	4	3:14	28	5:41	6.60	34:15	5:11	4	4:46	22	10:08