



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Chour, Uwe**

Club: Niedersalza-Nordhausen

Number: 345

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M55

Total time: 34:46

Speed: 10.35 km/h

Running performance: 5:16 min/km

Rank in course/Total: 28 (of 65)

Rank in course/Men: 27 (of 42)

Best time in course: 24:07

Rank in category: 3(of 3)

Best time in the category: 33:09

### 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	17:03	5:10	3	0:48	29	5:15	3.30	17:03	5:10	3	0:48	29	5:15
Finish	3.30	17:43	5:22	3	0:49	23	5:24	6.60	34:46	5:16	3	1:37	27	10:39