



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Herold, Walter

Club: LTV Obereichsfeld e.V.

Number: 349

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M60

Total time: 35:12

Speed: 10.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 30 (of 65)

Rank in course/Men: 29 (of 42)

Best time in course: 24:07

Rank in category: 2(of 2)

Best time in the category: 32:28

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	17:20	5:15	2	1:11	30	5:32	3.30	17:20	5:15	2	1:11	30	5:32
Finish	3.30	17:52	5:24	2	1:33	26	5:33	6.60	35:12	5:20	2	2:44	29	11:05