



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kramer, Steffi

Club: Nordhausen

Number: 387

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W35

Total time: 35:21

Speed: 10.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 31 (of 65)

Rank in course/Women: 2 (of 23)

Best time in course: 34:26

Rank in category: 1 (of 6)

Best time in the category: 35:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	17:17	5:14	1	-	2	0:08	3.30	17:17	5:14	1	-	2	0:08
Finish	3.30	18:04	5:28	1	-	2	0:47	6.60	35:21	5:21	1	-	2	0:55