



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Mewes, Frank

Club: Harztor-Läufer /SV Hannovera e.V.

Number: 362

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 35:24

Speed: 10.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 32 (of 65)

Rank in course/Men: 30 (of 42)

Best time in course: 24:07

Rank in category: 5(of 6)

Best time in the category: 29:29

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	17:02	5:09	5	2:19	28	5:14	3.30	17:02	5:09	5	2:19	28	5:14
Finish	3.30	18:22	5:33	5	3:36	29	6:03	6.60	35:24	5:21	5	5:55	30	11:17