



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Müller, Michael

Club: SV Glückauf Sondershausen

Number: 479

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 36:01

Speed: 14.99 km/h

Running performance: 3:38 min/km

Rank in course/Total: 1 (of 97)

Rank in course/Men: 1 (of 74)

Best time in course: 36:01

Rank in category: 1(of 15)

Best time in the category: 36:01

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	11:47	3:34	1	-	2	7:56	3.30	11:47	3:34	1	-	2	7:56
Rundenzeit	3.30	12:00	3:38	1	-	1	-	6.60	23:47	3:36	1	-	2	2:22
Finish	3.30	12:14	3:42	1	-	1	-	9.90	36:01	3:38	1	-	2	1:56