



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Esche, Brita

Club: Sondershausen

Number: 392

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W30

Total time: 36:14

Speed: 9.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 33 (of 65)

Rank in course/Women: 3 (of 23)

Best time in course: 34:26

Rank in category: 1(of 2)

Best time in the category: 36:14

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	3.30	17:44	5:22	1	-	3	0:35	3.30	17:44	5:22	1	-	3	0:35
Finish	3.30	18:30	5:36	1	-	3	1:13	6.60	36:14	5:29	1	-	3	1:48