



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Pflüger, Claudia

Club: SV 90 Nordhausen

Number: 353

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W35

Total time: 36:42

Speed: 9.81 km/h

Running performance: 5:34 min/km

Rank in course/Total: 35 (of 65)

Rank in course/Women: 5 (of 23)

Best time in course: 34:26

Rank in category: 3(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	17:54	5:25	3	0:37	5	0:45	3.30	17:54	5:25	3	0:37	5	0:45
Finish	3.30	18:48	5:41	3	0:44	6	1:31	6.60	36:42	5:33	3	1:21	5	2:16