



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Rothhagen, Sven

Club: Nordhausen

Number: 546

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M45

Total time: 37:20

Speed: 9.64 km/h

Running performance: 5:40 min/km

Rank in course/Total: 36 (of 65)

Rank in course/Men: 31 (of 42)

Best time in course: 24:07

Rank in category: 6(of 6)

Best time in the category: 29:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	18:07	5:29	6	3:24	31	6:19	3.30	18:07	5:29	6	3:24	31	6:19
Finish	3.30	19:13	5:49	6	4:27	32	6:54	6.60	37:20	5:39	6	7:51	31	13:13