



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Herm, Bea**

Club: Glienicke

Number: 540

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W40

Total time: 37:25

Speed: 9.62 km/h

Running performance: 5:40 min/km

Rank in course/Total: 37 (of 65)

Rank in course/Women: 6 (of 23)

Best time in course: 34:26

Rank in category: 2(of 3)

Best time in the category: 34:26

### Intermediate times

### Stage score

### Total ranking

| Control    | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Rundenzeit | 3.30        | 18:11         | 5:30            | 2           | 1:02           | 6            | 1:02            | 3.30          | 18:11         | 5:30            | 2           | 1:02           | 6            | 1:02            |
| Finish     | 3.30        | 19:14         | 5:49            | 2           | 1:57           | 7            | 1:57            | 6.60          | 37:25         | 5:40            | 2           | 2:59           | 6            | 2:59            |