



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 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	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