



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Urban, Heike

Club: VfL 28 Ellrich

Number: 357

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W50

Total time: 37:37

Speed: 9.57 km/h

Running performance: 5:42 min/km

Rank in course/Total: 39 (of 65)

Rank in course/Women: 7 (of 23)

Best time in course: 34:26

Rank in category: 1 (of 1)

Best time in the category: 37:37

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	18:55	5:43	1	-	8	1:46	3.30	18:55	5:43	1	-	8	1:46
Finish	3.30	18:42	5:40	1	-	5	1:25	6.60	37:37	5:41	1	-	7	3:11