



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Makarinas, Robert**

Club: Nordhausen

Number: 444

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 37:39

Speed: 14.34 km/h

Running performance: 3:48 min/km

Rank in course/Total: 2 (of 97)

Rank in course/Men: 2 (of 74)

Best time in course: 36:01

Rank in category: 1(of 10)

Best time in the category: 37:39

### 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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	11:56	3:36	1	-	3	8:05	3.30	11:56	3:36	1	-	3	8:05
Rundenzeit	3.30	12:44	3:51	1	-	2	0:44	6.60	24:40	3:44	1	-	3	3:15
Finish	3.30	12:59	3:56	2	0:04	3	0:45	9.90	37:39	3:48	1	-	3	3:34