



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schulz, Uwe

Club: Jugendsozialwerk Nordhausen e.V.

Number: 398

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M50

Total time: 38:09

Speed: 9.44 km/h

Running performance: 5:47 min/km

Rank in course/Total: 41 (of 65)

Rank in course/Men: 34 (of 42)

Best time in course: 24:07

Rank in category: 2(of 4)

Best time in the category: 32:05

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	18:25	5:34	2	3:01	32	6:37	3.30	18:25	5:34	2	3:01	32	6:37
Finish	3.30	19:44	5:58	2	3:03	34	7:25	6.60	38:09	5:46	2	6:04	34	14:02