



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Köhler, Annett

Club: Nordhausen

Number: 545

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W35

Total time: 38:18

Speed: 9.40 km/h

Running performance: 5:48 min/km

Rank in course/Total: 42 (of 65)

Rank in course/Women: 8 (of 23)

Best time in course: 34:26

Rank in category: 4(of 6)

Best time in the category: 35:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	18:30	5:36	4	1:13	7	1:21	3.30	18:30	5:36	4	1:13	7	1:21
Finish	3.30	19:48	6:00	4	1:44	8	2:31	6.60	38:18	5:48	4	2:57	8	3:52