



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Glashagel, Angelo

Club: Nordhausen

Number: 370

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M30

Total time: 38:04

Speed: 9.46 km/h

Running performance: 5:46 min/km

Rank in course/Total: 40 (of 65)

Rank in course/Men: 33 (of 42)

Best time in course: 24:07

Rank in category: 6(of 6)

Best time in the category: 24:07

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	18:50	5:42	5	7:02	34	7:02	3.30	18:50	5:42	5	7:02	34	7:02
Finish	3.30	19:14	5:49	6	6:55	33	6:55	6.60	38:04	5:46	6	13:57	33	13:57