



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Jödecke, Christian**

Club: Tri-Team Heuchelberg

Number: 457

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 38:03

Speed: 14.19 km/h

Running performance: 3:50 min/km

Rank in course/Total: 3 (of 97)

Rank in course/Men: 3 (of 74)

Best time in course: 36:01

Rank in category: 2(of 10)

Best time in the category: 37:39

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Rundenzeit	3.30	12:19	3:43	2	0:23	4	8:28	3.30	12:19	3:43	2	0:23	4	8:28
Rundenzeit	3.30	12:49	3:53	2	0:05	3	0:49	6.60	25:08	3:48	2	0:28	4	3:43
Finish	3.30	12:55	3:54	1	-	2	0:41	9.90	38:03	3:50	2	0:24	4	3:58