



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hellmund, Thomas

Club: SV Kleinfurra

Number: 381

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M50

Total time: 39:29

Speed: 9.12 km/h

Running performance: 5:59 min/km

Rank in course/Total: 43 (of 65)

Rank in course/Men: 35 (of 42)

Best time in course: 24:07

Rank in category: 3(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	19:04	5:46	3	3:40	37	7:16	3.30	19:04	5:46	3	3:40	37	7:16
Finish	3.30	20:25	6:11	3	3:44	35	8:06	6.60	39:29	5:58	3	7:24	35	15:22