



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Mahler, Sven

Club: SG Finne Billroda

Number: 459

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 40:24

Speed: 13.37 km/h

Running performance: 4:05 min/km

Rank in course/Total: 4 (of 97)

Rank in course/Men: 4 (of 74)

Best time in course: 36:01

Rank in category: 3(of 10)

Best time in the category: 37:39

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	13:09	3:59	4	1:13	7	9:18	3.30	13:09	3:59	4	1:13	7	9:18
Rundenzeit	3.30	13:37	4:07	3	0:53	4	1:37	6.60	26:46	4:03	3	2:06	5	5:21
Finish	3.30	13:38	4:07	3	0:43	4	1:24	9.90	40:24	4:04	3	2:45	5	6:19