



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hartmann, Sebastian

Club: Nordhausen

Number: 416

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 40:30

Speed: 13.33 km/h

Running performance: 4:05 min/km

Rank in course/Total: 5 (of 97)

Rank in course/Men: 5 (of 74)

Best time in course: 36:01

Rank in category: 4(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	12:59	3:56	3	1:03	5	9:08	3.30	12:59	3:56	3	1:03	5	9:08
Rundenzeit	3.30	13:48	4:10	4	1:04	6	1:48	6.60	26:47	4:03	4	2:07	6	5:22
Finish	3.30	13:43	4:09	4	0:48	5	1:29	9.90	40:30	4:05	4	2:51	6	6:25