



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gastel, Petra

Club: Nordhausen

Number: 388

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W45

Total time: 40:53

Speed: 8.81 km/h

Running performance: 6:11 min/km

Rank in course/Total: 48 (of 65)

Rank in course/Women: 11 (of 23)

Best time in course: 34:26

Rank in category: 3(of 4)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	20:13	6:07	3	0:41	14	3:04	3.30	20:13	6:07	3	0:41	14	3:04
Finish	3.30	20:40	6:15	3	0:32	11	3:23	6.60	40:53	6:11	3	1:04	11	6:27