



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Liesegang, Kaja

Club: VfL 28 Ellrich

Number: 397

Course: 6.60 km

2 Runden 6,6 km

Category:

weibliche Jugend U18 (16 und 17 Jahre)

Total time: 41:11

Speed: 8.74 km/h

Running performance: 6:14 min/km

Rank in course/Total: 50 (of 65)

Rank in course/Women: 13 (of 23)

Best time in course: 34:26

Rank in category: 1(of 4)

Best time in the category: 41:11

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.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	3.30	20:03	6:04	2	0:24	11	2:54	3.30	20:03	6:04	2	0:24	11	2:54
Finish	3.30	21:08	6:24	1	-	13	3:51	6.60	41:11	6:14	1	-	13	6:45