



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 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	20:03	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