



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Pflüger, Nico

Club: SV 90 Nordhausen

Number: 480

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 41:15

Speed: 13.09 km/h

Running performance: 4:10 min/km

Rank in course/Total: 6 (of 97)

Rank in course/Men: 6 (of 74)

Best time in course: 36:01

Rank in category: 1(of 9)

Best time in the category: 41:15

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	13:05	3:57	1	-	6	9:14	3.30	13:05	3:57	1	-	6	9:14
Rundenzeit	3.30	14:01	4:14	1	-	8	2:01	6.60	27:06	4:06	1	-	7	5:41
Finish	3.30	14:09	4:17	2	0:26	9	1:55	9.90	41:15	4:09	1	-	7	7:10