



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

### Trogisch, Volker

Club: VfL 28 Ellrich

Number: 451

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 41:19

Speed: 13.07 km/h

Running performance: 4:10 min/km

Rank in course/Total: 7 (of 97)

Rank in course/Men: 7 (of 74)

Best time in course: 36:01

Rank in category: 1(of 7)

Best time in the category: 41:19

### 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	13:40	4:08	1	-	10	9:49	3.30	13:40	4:08	1	-	10	9:49
Rundenzeit	3.30	13:55	4:13	1	-	7	1:55	6.60	27:35	4:10	1	-	9	6:10
Finish	3.30	13:44	4:09	1	-	7	1:30	9.90	41:19	4:10	1	-	8	7:14