



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schorcht, Michael

Club: SV Nordhausen 90 Triathlon

Number: 486

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 41:36

Speed: 12.98 km/h

Running performance: 4:12 min/km

Rank in course/Total: 8 (of 97)

Rank in course/Men: 8 (of 74)

Best time in course: 36:01

Rank in category: 2(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	13:41	4:08	2	0:01	12	9:50	3.30	13:41	4:08	2	0:01	12	9:50
Rundenzeit	3.30	14:03	4:15	2	0:08	9	2:03	6.60	27:44	4:12	2	0:09	11	6:19
Finish	3.30	13:52	4:12	2	0:08	8	1:38	9.90	41:36	4:12	2	0:17	9	7:31