



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schulz, Stefan

Club: eldrado-Nordhausen

Number: 427

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 41:39

Speed: 12.97 km/h

Running performance: 4:13 min/km

Rank in course/Total: 9 (of 97)

Rank in course/Men: 9 (of 74)

Best time in course: 36:01

Rank in category: 2(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	13:40	4:08	2	0:35	10	9:49	3.30	13:40	4:08	2	0:35	10	9:49
Rundenzeit	3.30	14:16	4:19	2	0:15	11	2:16	6.60	27:56	4:13	2	0:50	13	6:31
Finish	3.30	13:43	4:09	1	-	5	1:29	9.90	41:39	4:12	2	0:24	10	7:34