



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kiel, Silke

Club: Harztor-Läufer /SV Hannovera e.V.

Number: 360

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W45

Total time: 41:51

Speed: 8.60 km/h

Running performance: 6:20 min/km

Rank in course/Total: 54 (of 65)

Rank in course/Women: 15 (of 23)

Best time in course: 34:26

Rank in category: 4(of 4)

Best time in the category: 39:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	20:36	6:14	4	1:04	15	3:27	3.30	20:36	6:14	4	1:04	15	3:27
Finish	3.30	21:15	6:26	4	1:07	14	3:58	6.60	41:51	6:20	4	2:02	15	7:25