



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Saul, Sebastian

Club: LTV Obereichsfeld e.V

Number: 484

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 43:12

Speed: 12.50 km/h

Running performance: 4:22 min/km

Rank in course/Total: 13 (of 97)

Rank in course/Men: 13 (of 74)

Best time in course: 36:01

Rank in category: 5(of 10)

Best time in the category: 37:39

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	14:20	4:20	6	2:24	17	10:29	3.30	14:20	4:20	6	2:24	17	10:29
Rundenzeit	3.30	14:31	4:23	5	1:47	13	2:31	6.60	28:51	4:22	5	4:11	14	7:26
Finish	3.30	14:21	4:20	5	1:26	11	2:07	9.90	43:12	4:21	5	5:33	14	9:07