



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Demme, Jacqueline

Club: Landkreis Nordhausen

Number: 368

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W35

Total time: 43:27

Speed: 8.29 km/h

Running performance: 6:35 min/km

Rank in course/Total: 55 (of 65)

Rank in course/Women: 16 (of 23)

Best time in course: 34:26

Rank in category: 5(of 6)

Best time in the category: 35:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	20:53	6:19	5	3:36	16	3:44	3.30	20:53	6:19	5	3:36	16	3:44
Finish	3.30	22:34	6:50	5	4:30	17	5:17	6.60	43:27	6:35	5	8:06	16	9:01