



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Kindervater, Lars**

Club: FSV Schernberg

Number: 477

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 43:34

Speed: 12.39 km/h

Running performance: 4:24 min/km

Rank in course/Total: 15 (of 97)

Rank in course/Men: 15 (of 74)

Best time in course: 36:01

Rank in category: 3(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	14:19	4:20	3	0:39	16	10:28	3.30	14:19	4:20	3	0:39	16	10:28
Rundenzeit	3.30	14:37	4:25	3	0:42	14	2:37	6.60	28:56	4:23	3	1:21	16	7:31
Finish	3.30	14:38	4:26	3	0:54	14	2:24	9.90	43:34	4:24	3	2:15	16	9:29