



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

### Nebelung, Marco

Club: FSG ´99 Salza Nordhausen

Number: 414

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 43:25

Speed: 12.44 km/h

Running performance: 4:23 min/km

Rank in course/Total: 14 (of 97)

Rank in course/Men: 14 (of 74)

Best time in course: 36:01

Rank in category: 6(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	14:04	4:15	5	2:08	15	10:13	3.30	14:04	4:15	5	2:08	15	10:13
Rundenzeit	3.30	14:47	4:28	6	2:03	16	2:47	6.60	28:51	4:22	5	4:11	14	7:26
Finish	3.30	14:34	4:24	6	1:39	12	2:20	9.90	43:25	4:23	6	5:46	15	9:20