



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Karbaum, Jens

Club: Team Q

Number: 506

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 44:02

Speed: 12.26 km/h

Running performance: 4:27 min/km

Rank in course/Total: 16 (of 97)

Rank in course/Men: 16 (of 74)

Best time in course: 36:01

Rank in category: 3(of 9)

Best time in the category: 41:15

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	13:41	4:08	3	0:36	12	9:50	3.30	13:41	4:08	3	0:36	12	9:50
Rundenzeit	3.30	15:15	4:37	5	1:14	23	3:15	6.60	28:56	4:23	3	1:50	16	7:31
Finish	3.30	15:06	4:34	4	1:23	18	2:52	9.90	44:02	4:26	3	2:47	17	9:57