



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Heerdegen, Lars**

Club: Gesundheitszentrum Röblingen

Number: 426

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 44:15

Speed: 12.20 km/h

Running performance: 4:28 min/km

Rank in course/Total: 17 (of 97)

Rank in course/Men: 17 (of 74)

Best time in course: 36:01

Rank in category: 4(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	14:31	4:23	4	1:26	20	10:40	3.30	14:31	4:23	4	1:26	20	10:40
Rundenzeit	3.30	14:41	4:26	3	0:40	15	2:41	6.60	29:12	4:25	4	2:06	18	7:47
Finish	3.30	15:03	4:33	3	1:20	17	2:49	9.90	44:15	4:28	4	3:00	18	10:10