



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gloger, Andreas

Club: VfL28 Ellrich

Number: 516

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M50

Total time: 44:39

Speed: 12.09 km/h

Running performance: 4:31 min/km

Rank in course/Total: 18 (of 97)

Rank in course/Men: 18 (of 74)

Best time in course: 36:01

Rank in category: 1(of 3)

Best time in the category: 44:39

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	14:26	4:22	1	-	18	10:35	3.30	14:26	4:22	1	-	18	10:35
Rundenzeit	3.30	14:57	4:31	1	-	17	2:57	6.60	29:23	4:27	1	-	19	7:58
Finish	3.30	15:16	4:37	1	-	21	3:02	9.90	44:39	4:30	2	10:34	19	10:34