



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schlesiger, Hubertus

Club: Nordhausen

Number: 485

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 44:46

Speed: 12.06 km/h

Running performance: 4:31 min/km

Rank in course/Total: 19 (of 97)

Rank in course/Men: 19 (of 74)

Best time in course: 36:01

Rank in category: 1(of 6)

Best time in the category: 44:46

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	14:51	4:30	2	0:15	30	11:00	3.30	14:51	4:30	2	0:15	30	11:00
Rundenzeit	3.30	15:01	4:33	1	-	18	3:01	6.60	29:52	4:31	2	0:10	23	8:27
Finish	3.30	14:54	4:30	1	-	16	2:40	9.90	44:46	4:31	1	-	20	10:41