



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bock, Gert

Club: Korbach

Number: 384

Course: 6.60 km

2 Runden 6,6 km

Category:

Senioren M65

Total time: 44:46

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 57 (of 65)

Rank in course/Men: 40 (of 42)

Best time in course: 24:07

Rank in category: 2(of 2)

Best time in the category: 31:10

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	22:03	6:40	2	6:42	42	10:15	3.30	22:03	6:40	2	6:42	42	10:15
Finish	3.30	22:43	6:53	2	6:54	39	10:24	6.60	44:46	6:46	2	13:36	40	20:39