



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Kurch, Jörg**

Club: VfL 28 Ellrich

Number: 433

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 44:58

Speed: 12.01 km/h

Running performance: 4:32 min/km

Rank in course/Total: 21 (of 97)

Rank in course/Men: 21 (of 74)

Best time in course: 36:01

Rank in category: 2(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	14:36	4:25	1	-	23	10:45	3.30	14:36	4:25	1	-	23	10:45
Rundenzeit	3.30	15:06	4:34	2	0:05	19	3:06	6.60	29:42	4:30	1	-	20	8:17
Finish	3.30	15:16	4:37	2	0:22	21	3:02	9.90	44:58	4:32	2	0:12	22	10:53