



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Götsch, Norbert

Club: Volkssport Halle

Number: 509

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M60

Total time: 45:02

Speed: 11.99 km/h

Running performance: 4:33 min/km

Rank in course/Total: 22 (of 97)

Rank in course/Men: 22 (of 74)

Best time in course: 36:01

Rank in category: 1(of 4)

Best time in the category: 45:02

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	15:11	4:36	1	-	21	3:11	6.60	29:47	4:30	1	-	21	8:22
Finish	3.30	15:15	4:37	1	-	20	3:01	9.90	45:02	4:32	1	-	23	10:57