



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hoffmann, Karsten

Club: Glück Auf Bleicherode

Number: 428

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 44:54

Speed: 12.03 km/h

Running performance: 4:32 min/km

Rank in course/Total: 20 (of 97)

Rank in course/Men: 20 (of 74)

Best time in course: 36:01

Rank in category: 5(of 9)

Best time in the category: 41:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	14:41	4:26	5	1:36	25	10:50	3.30	14:41	4:26	5	1:36	25	10:50	
Rundenzeit	3.30	15:06	4:34	4	1:05	19	3:06	6.60	29:47	4:30	5	2:41	21	8:22	
Finish	3.30	15:07	4:34	5	1:24	19	2:53	9.90	44:54	4:32	5	3:39	21	10:49	