



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Tempelhof, Katja

Club: Teutonia Siersleben

Number: 386

Course: 6.60 km

2 Runden 6,6 km

Category:

Seniorinnen W35

Total time: 45:40

Speed: 7.88 km/h

Running performance: 6:55 min/km

Rank in course/Total: 58 (of 65)

Rank in course/Women: 18 (of 23)

Best time in course: 34:26

Rank in category: 6(of 6)

Best time in the category: 35:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	21:55	6:38	6	4:38	19	4:46	3.30	21:55	6:38	6	4:38	19	4:46
Finish	3.30	23:45	7:11	6	5:41	19	6:28	6.60	45:40	6:55	6	10:19	18	11:14