



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|            |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |