



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Fricke, Markus

Club: LTV Obereichsfeld

Number: 510

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 45:43

Speed: 11.81 km/h

Running performance: 4:37 min/km

Rank in course/Total: 23 (of 97)

Rank in course/Men: 23 (of 74)

Best time in course: 36:01

Rank in category: 4(of 7)

Best time in the category: 41:19

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	14:58	4:32	6	1:18	32	11:07	3.30	14:58	4:32	6	1:18	32	11:07
Rundenzeit	3.30	15:14	4:36	4	1:19	22	3:14	6.60	30:12	4:34	4	2:37	24	8:47
Finish	3.30	15:31	4:42	4	1:47	24	3:17	9.90	45:43	4:37	4	4:24	24	11:38