



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Lochner, Steffen

Club: Südharzer Laufshop

Number: 493

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 46:23

Speed: 11.64 km/h

Running performance: 4:41 min/km

Rank in course/Total: 26 (of 97)

Rank in course/Men: 26 (of 74)

Best time in course: 36:01

Rank in category: 5(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	14:48	4:29	4	1:08	27	10:57	3.30	14:48	4:29	4	1:08	27	10:57
Rundenzeit	3.30	15:42	4:45	5	1:47	27	3:42	6.60	30:30	4:37	5	2:55	28	9:05
Finish	3.30	15:53	4:48	5	2:09	28	3:39	9.90	46:23	4:41	5	5:04	27	12:18