



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Tressel, Tobias

Club: Kirmes Wülfingerode

Number: 501

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 46:15

Speed: 11.68 km/h

Running performance: 4:40 min/km

Rank in course/Total: 25 (of 97)

Rank in course/Men: 25 (of 74)

Best time in course: 36:01

Rank in category: 8(of 10)

Best time in the category: 37:39

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	14:50	4:29	7	2:54	28	10:59	3.30	14:50	4:29	7	2:54	28	10:59
Rundenzeit	3.30	15:38	4:44	8	2:54	26	3:38	6.60	30:28	4:36	7	5:48	27	9:03
Finish	3.30	15:47	4:46	8	2:52	26	3:33	9.90	46:15	4:40	8	8:36	26	12:10