



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kupfer, Leon

Club: SV Nordhausen 90 Triathlon

Number: 458

Course: 9.90 km

3 Runden 9,9 km

Category:

männliche Jugend U18 (16 und 17 Jahre)

Total time: 46:39

Speed: 11.58 km/h

Running performance: 4:43 min/km

Rank in course/Total: 29 (of 97)

Rank in course/Men: 29 (of 74)

Best time in course: 36:01

Rank in category: 2(of 6)

Best time in the category: 46:38

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	14:34	4:24	1	-	21	10:43	3.30	14:34	4:24	1	-	21	10:43
Rundenzeit	3.30	16:15	4:55	2	0:32	35	4:15	6.60	30:49	4:40	2	0:31	30	9:24
Finish	3.30	15:50	4:47	1	-	27	3:36	9.90	46:39	4:42	2	0:01	30	12:34