



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bachmann, Michael

Club: LTV Obereichsfeld

Number: 497

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 46:12

Speed: 11.69 km/h

Running performance: 4:40 min/km

Rank in course/Total: 24 (of 97)

Rank in course/Men: 24 (of 74)

Best time in course: 36:01

Rank in category: 7(of 10)

Best time in the category: 37:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	15:09	4:35	8	3:13	33	11:18	3.30	15:09	4:35	8	3:13	33	11:18	
Rundenzeit	3.30	15:36	4:43	7	2:52	25	3:36	6.60	30:45	4:39	8	6:05	29	9:20	
Finish	3.30	15:27	4:40	7	2:32	23	3:13	9.90	46:12	4:40	7	8:33	25	12:07	