



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Igooin, Reihard

Club: NSV Boxen

Number: 511

Course: 9.90 km

3 Runden 9,9 km

Category:

männliche Jugend U18 (16 und 17 Jahre)

Total time: 46:38

Speed: 11.58 km/h

Running performance: 4:43 min/km

Rank in course/Total: 28 (of 97)

Rank in course/Men: 28 (of 74)

Best time in course: 36:01

Rank in category: 1(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	14:35	4:25	2	0:01	22	10:44	3.30	14:35	4:25	2	0:01	22	10:44
Rundenzeit	3.30	15:43	4:45	1	-	28	3:43	6.60	30:18	4:35	1	-	25	8:53
Finish	3.30	16:20	4:56	2	0:30	35	4:06	9.90	46:38	4:42	1	-	29	12:33