



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Eichentopf, Torsten

Club: Harz-Racing e. V.

Number: 470

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 46:53

Speed: 11.52 km/h

Running performance: 4:44 min/km

Rank in course/Total: 30 (of 97)

Rank in course/Men: 30 (of 74)

Best time in course: 36:01

Rank in category: 6(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	14:56	4:31	5	1:16	31	11:05	3.30	14:56	4:31	5	1:16	31	11:05
Rundenzeit	3.30	15:53	4:48	6	1:58	29	3:53	6.60	30:49	4:40	6	3:14	30	9:24
Finish	3.30	16:04	4:52	6	2:20	31	3:50	9.90	46:53	4:44	6	5:34	31	12:48