



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Wilfert, Sebastian**

Club: Nordhausen

Number: 502

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 46:32

Speed: 11.60 km/h

Running performance: 4:42 min/km

Rank in course/Total: 27 (of 97)

Rank in course/Men: 27 (of 74)

Best time in course: 36:01

Rank in category: 2(of 15)

Best time in the category: 36:01

### 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	2	3:03	28	10:59	3.30	14:50	4:29	2	3:03	28	10:59
Rundenzeit	3.30	15:34	4:43	2	3:34	24	3:34	6.60	30:24	4:36	2	6:37	26	8:59
Finish	3.30	16:08	4:53	2	3:54	33	3:54	9.90	46:32	4:42	2	10:31	28	12:27