



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 |