



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kaiser, Andreas

Club: LTV Obereichsfeld e.V.

Number: 435

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 47:22

Speed: 11.40 km/h

Running performance: 4:47 min/km

Rank in course/Total: 31 (of 97)

Rank in course/Men: 31 (of 74)

Best time in course: 36:01

Rank in category: 3(of 6)

Best time in the category: 44:46

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	15:31	4:42	3	0:55	37	11:40	3.30	15:31	4:42	3	0:55	37	11:40
Rundenzeit	3.30	15:57	4:49	3	0:56	30	3:57	6.60	31:28	4:46	3	1:46	33	10:03
Finish	3.30	15:54	4:49	3	1:00	29	3:40	9.90	47:22	4:47	3	2:36	32	13:17