



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Windolph, Peter

Club: LTV-Obereichsfeld e.V.

Number: 489

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 47:36

Speed: 11.34 km/h

Running performance: 4:49 min/km

Rank in course/Total: 34 (of 97)

Rank in course/Men: 34 (of 74)

Best time in course: 36:01

Rank in category: 4(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	15:37	4:43	5	1:01	40	11:46	3.30	15:37	4:43	5	1:01	40	11:46
Rundenzeit	3.30	15:59	4:50	4	0:58	31	3:59	6.60	31:36	4:47	4	1:54	34	10:11
Finish	3.30	16:00	4:50	4	1:06	30	3:46	9.90	47:36	4:48	4	2:50	35	13:31