



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Krist, Josef

Club: Nordhausen

Number: 430

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 47:29

Speed: 11.37 km/h

Running performance: 4:48 min/km

Rank in course/Total: 32 (of 97)

Rank in course/Men: 32 (of 74)

Best time in course: 36:01

Rank in category: 6(of 9)

Best time in the category: 41:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	15:25	4:40	6	2:20	35	11:34	3.30	15:25	4:40	6	2:20	35	11:34	
Rundenzeit	3.30	15:59	4:50	6	1:58	31	3:59	6.60	31:24	4:45	6	4:18	32	9:59	
Finish	3.30	16:05	4:52	6	2:22	32	3:51	9.90	47:29	4:47	6	6:14	33	13:24	