



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Sperlich, David

Club: Plasma Service Europe GmbH

Number: 406

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 47:33

Speed: 11.36 km/h

Running performance: 4:48 min/km

Rank in course/Total: 33 (of 97)

Rank in course/Men: 33 (of 74)

Best time in course: 36:01

Rank in category: 3(of 8)

Best time in the category: 42:02

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	15:44	4:46	6	11:53	41	11:53	3.30	15:44	4:46	6	11:53	41	11:53
Rundenzeit	3.30	16:07	4:53	3	2:24	34	4:07	6.60	31:51	4:49	5	10:26	37	10:26
Finish	3.30	15:42	4:45	3	1:05	25	3:28	9.90	47:33	4:48	3	5:31	34	13:28