



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Puls, Michelle**

Club: Frohe Zukunft Nordhausen e.V.  
Number: 344

Course: 6.60 km  
2 Runden 6,6 km

Category:  
weibliche Jugend U18 (16 und 17 Jahre)

Total time: 48:06

Speed: 7.48 km/h  
Running performance: 7:17 min/km

Rank in course/Total: 64 (of 65)  
Rank in course/Women: 22 (of 23)

Best time in course: 34:26  
Rank in category: 4(of 4)  
Best time in the category: 41:11

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	21:58	6:39	4	2:19	20	4:49	3.30	21:58	6:39	4	2:19	20	4:49
Finish	3.30	26:08	7:55	4	5:00	22	8:51	6.60	48:06	7:17	4	6:55	22	13:40