



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	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	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