



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hoyer, Stephanie

Club: Eldorado - Nordhausen

Number: 495

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W35

Total time: 48:15

Speed: 11.19 km/h

Running performance: 4:52 min/km

Rank in course/Total: 35 (of 97)

Rank in course/Women: 1 (of 23)

Best time in course: 48:15

Rank in category: 1(of 5)

Best time in the category: 48:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	15:11	4:36	1	-	1	-	3.30	15:11	4:36	1	-	1	-
Rundenzeit	3.30	16:19	4:56	1	-	1	-	6.60	31:30	4:46	1	-	1	-
Finish	3.30	16:45	5:04	2	0:15	2	0:15	9.90	48:15	4:52	1	-	1	-