



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Beltz, Michael

Club: Mühlhäuser Laufwölfe

Number: 440

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 48:16

Speed: 11.19 km/h

Running performance: 4:53 min/km

Rank in course/Total: 36 (of 97)

Rank in course/Men: 35 (of 74)

Best time in course: 36:01

Rank in category: 4(of 8)

Best time in the category: 42:02

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. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Rundenzeit | 3.30 | 15:29 | 4:41 | 4 | 11:38 | 36 | 11:38 | 3.30 | 15:29 | 4:41 | 4 | 11:38 | 36 | 11:38 |
| Rundenzeit | 3.30 | 16:16 | 4:55 | 4 | 2:33 | 36 | 4:16 | 6.60 | 31:45 | 4:48 | 4 | 10:20 | 36 | 10:20 |
| Finish | 3.30 | 16:31 | 5:00 | 5 | 1:54 | 40 | 4:17 | 9.90 | 48:16 | 4:52 | 4 | 6:14 | 36 | 14:11 |