



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Arndt, Marcus

Club: AA126

Number: 425

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 48:38

Speed: 11.10 km/h

Running performance: 4:55 min/km

Rank in course/Total: 38 (of 97)

Rank in course/Men: 37 (of 74)

Best time in course: 36:01

Rank in category: 7(of 9)

Best time in the category: 41:15

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 | 15:48 | 4:47 | 7 | 2:43 | 43 | 11:57 | 3.30 | 15:48 | 4:47 | 7 | 2:43 | 43 | 11:57 |
| Rundenzeit | 3.30 | 16:34 | 5:01 | 7 | 2:33 | 38 | 4:34 | 6.60 | 32:22 | 4:54 | 7 | 5:16 | 40 | 10:57 |
| Finish | 3.30 | 16:16 | 4:55 | 7 | 2:33 | 34 | 4:02 | 9.90 | 48:38 | 4:54 | 7 | 7:23 | 38 | 14:33 |