



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Baumgarten, Sven

Club: Metaldiver

Number: 422

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 48:34

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 37 (of 97)

Rank in course/Men: 36 (of 74)

Best time in course: 36:01

Rank in category: 3(of 15)

Best time in the category: 36:01

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	15:45	4:46	3	3:58	42	11:54	3.30	15:45	4:46	3	3:58	42	11:54
Rundenzeit	3.30	16:06	4:52	3	4:06	33	4:06	6.60	31:51	4:49	3	8:04	37	10:26
Finish	3.30	16:43	5:03	4	4:29	41	4:29	9.90	48:34	4:54	3	12:33	37	14:29