



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Wagner, Dirk

Club: Volkssport Sundhausen

Number: 434

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 48:49

Speed: 11.06 km/h

Running performance: 4:56 min/km

Rank in course/Total: 39 (of 97)

Rank in course/Men: 38 (of 74)

Best time in course: 36:01

Rank in category: 5(of 6)

Best time in the category: 44:46

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	15:36	4:43	4	1:00	38	11:45	3.30	15:36	4:43	4	1:00	38	11:45
Rundenzeit	3.30	16:53	5:06	5	1:52	42	4:53	6.60	32:29	4:55	5	2:47	41	11:04
Finish	3.30	16:20	4:56	5	1:26	35	4:06	9.90	48:49	4:55	5	4:03	39	14:44