



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schwarzkopf, Helmut

Club: Kyffhaeuserberglaufverein

Number: 452

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M65

Total time: 48:54

Speed: 11.04 km/h

Running performance: 4:56 min/km

Rank in course/Total: 40 (of 97)

Rank in course/Men: 39 (of 74)

Best time in course: 36:01

Rank in category: 1(of 2)

Best time in the category: 48:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	16:07	4:53	1	-	47	12:16	3.30	16:07	4:53	1	-	47	12:16	
Rundenzeit	3.30	16:26	4:58	1	-	37	4:26	6.60	32:33	4:55	1	-	42	11:08	
Finish	3.30	16:21	4:57	1	-	37	4:07	9.90	48:54	4:56	1	-	40	14:49	