



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 | |