



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Witer, Kai

Club: NSV - Boxen

Number: 513

Course: 9.90 km

3 Runden 9,9 km

Category:

männliche Jugend U20 (18 und 19 Jahre)

Total time: 49:03

Speed: 11.01 km/h

Running performance: 4:57 min/km

Rank in course/Total: 41 (of 97)

Rank in course/Men: 40 (of 74)

Best time in course: 36:01

Rank in category: 2(of 3)

Best time in the category: 41:59

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	14:26	4:22	2	0:59	18	10:35	3.30	14:26	4:22	2	0:59	18	10:35
Rundenzeit	3.30	17:16	5:13	2	2:57	46	5:16	6.60	31:42	4:48	2	3:56	35	10:17
Finish	3.30	17:21	5:15	2	3:08	48	5:07	9.90	49:03	4:57	2	7:04	41	14:58