



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

**Ehrhold, Sascha**

Club: Landkreis Nordhausen

Number: 412

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 49:12

Speed: 10.98 km/h

Running performance: 4:58 min/km

Rank in course/Total: 42 (of 97)

Rank in course/Men: 41 (of 74)

Best time in course: 36:01

Rank in category: 5(of 8)

Best time in the category: 42:02

## 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	15:36	4:43	5	11:45	38	11:45	3.30	15:36	4:43	5	11:45	38	11:45	
Rundenzeit	3.30	16:34	5:01	5	2:51	38	4:34	6.60	32:10	4:52	6	10:45	39	10:45	
Finish	3.30	17:02	5:09	6	2:25	46	4:48	9.90	49:12	4:58	5	7:10	42	15:07	