



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

### Schwuchow, Manuel

Club: SG Fichtelblitze

Number: 500

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 49:47

Speed: 10.85 km/h

Running performance: 5:02 min/km

Rank in course/Total: 44 (of 97)

Rank in course/Men: 43 (of 74)

Best time in course: 36:01

Rank in category: 5(of 15)

Best time in the category: 36:01

## 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	16:08	4:53	5	4:21	48	12:17	3.30	16:08	4:53	5	4:21	48	12:17
Rundenzeit	3.30	16:51	5:06	4	4:51	41	4:51	6.60	32:59	4:59	4	9:12	43	11:34
Finish	3.30	16:48	5:05	5	4:34	42	4:34	9.90	49:47	5:01	5	13:46	44	15:42