



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bachmann, Nico

Club: SV Kyffhäuser

Number: 417

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M30

Total time: 49:56

Speed: 10.81 km/h

Running performance: 5:02 min/km

Rank in course/Total: 45 (of 97)

Rank in course/Men: 44 (of 74)

Best time in course: 36:01

Rank in category: 9(of 10)

Best time in the category: 37:39

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	16:18	4:56	9	4:22	50	12:27	3.30	16:18	4:56	9	4:22	50	12:27
Rundenzeit	3.30	16:42	5:03	9	3:58	40	4:42	6.60	33:00	5:00	9	8:20	44	11:35
Finish	3.30	16:56	5:07	9	4:01	44	4:42	9.90	49:56	5:02	9	12:17	45	15:51