



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Lützkendorf, Falk

Club: Omi Schecki Gedächtnislaufgruppe

Number: 436

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M55

Total time: 50:08

Speed: 10.77 km/h

Running performance: 5:04 min/km

Rank in course/Total: 46 (of 97)

Rank in course/Men: 45 (of 74)

Best time in course: 36:01

Rank in category: 6(of 6)

Best time in the category: 44:46

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	16:23	4:57	6	1:47	53	12:32	3.30	16:23	4:57	6	1:47	53	12:32
Rundenzeit	3.30	16:53	5:06	5	1:52	42	4:53	6.60	33:16	5:02	6	3:34	46	11:51
Finish	3.30	16:52	5:06	6	1:58	43	4:38	9.90	50:08	5:03	6	5:22	46	16:03