



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Ehrhardt, Andreas

Club: MTV Niedersachswerfen e.V.

Number: 450

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M40

Total time: 50:37

Speed: 10.67 km/h

Running performance: 5:07 min/km

Rank in course/Total: 47 (of 97)

Rank in course/Men: 46 (of 74)

Best time in course: 36:01

Rank in category: 8(of 9)

Best time in the category: 41:15

### 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	16:03	4:51	8	2:58	45	12:12	3.30	16:03	4:51	8	2:58	45	12:12
Rundenzeit	3.30	17:06	5:10	8	3:05	44	5:06	6.60	33:09	5:01	8	6:03	45	11:44
Finish	3.30	17:28	5:17	8	3:45	50	5:14	9.90	50:37	5:06	8	9:22	47	16:32