



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Braun, Dennis

Club: Pfeil Wingerode

Number: 421

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 50:43

Speed: 10.65 km/h

Running performance: 5:07 min/km

Rank in course/Total: 48 (of 97)

Rank in course/Men: 47 (of 74)

Best time in course: 36:01

Rank in category: 6(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	16:20	4:56	7	4:33	51	12:29	3.30	16:20	4:56	7	4:33	51	12:29
Rundenzeit	3.30	17:22	5:15	6	5:22	47	5:22	6.60	33:42	5:06	6	9:55	49	12:17
Finish	3.30	17:01	5:09	6	4:47	45	4:47	9.90	50:43	5:07	6	14:42	48	16:38