



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Ponick, Alexander

Number: 507

Course: 9.90 km
3 Runden 9,9 km

Category:
Senioren M40

Total time: 51:44

Speed: 10.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 53 (of 97)

Rank in course/Men: 51 (of 74)

Best time in course: 36:01

Rank in category: 9(of 9)

Best time in the category: 41:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	16:36	5:01	9	3:31	54	12:45	3.30	16:36	5:01	9	3:31	54	12:45
Rundenzeit	3.30	17:40	5:21	9	3:39	51	5:40	6.60	34:16	5:11	9	7:10	53	12:51
Finish	3.30	17:28	5:17	8	3:45	50	5:14	9.90	51:44	5:13	9	10:29	52	17:39