



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schäfer, Tom

Club: Harztor-Läufer /SV Hannovera e.V.
Number: 408

Course: 9.90 km
3 Runden 9,9 km

Category:
Männer

Total time: 52:16

Speed: 10.33 km/h
Running performance: 5:17 min/km

Rank in course/Total: 56 (of 97)

Rank in course/Men: 52 (of 74)

Best time in course: 36:01

Rank in category: 7(of 8)

Best time in the category: 42:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Rundenzeit	3.30	16:49	5:05	7	12:58	56	12:58	3.30	16:49	5:05	7	12:58	56	12:58	
Rundenzeit	3.30	17:38	5:20	8	3:55	50	5:38	6.60	34:27	5:13	7	13:02	54	13:02	
Finish	3.30	17:49	5:23	7	3:12	52	5:35	9.90	52:16	5:16	7	10:14	53	18:11	