



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hertel, Pascal

Club: Plasma Service Europe GmbH

Number: 401

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 52:21

Speed: 10.32 km/h

Running performance: 5:17 min/km

Rank in course/Total: 57 (of 97)

Rank in course/Men: 53 (of 74)

Best time in course: 36:01

Rank in category: 7(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	16:21	4:57	8	4:34	52	12:30	3.30	16:21	4:57	8	4:34	52	12:30
Rundenzeit	3.30	17:54	5:25	8	5:54	54	5:54	6.60	34:15	5:11	8	10:28	52	12:50
Finish	3.30	18:06	5:29	7	5:52	56	5:52	9.90	52:21	5:17	7	16:20	54	18:16