



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Rieder, Carsten

Club: SVC

Number: 482

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 52:22

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 58 (of 97)

Rank in course/Men: 54 (of 74)

Best time in course: 36:01

Rank in category: 8(of 15)

Best time in the category: 36:01

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	16:06	4:52	4	4:19	46	12:15	3.30	16:06	4:52	4	4:19	46	12:15
Rundenzeit	3.30	17:53	5:25	7	5:53	53	5:53	6.60	33:59	5:08	7	10:12	50	12:34
Finish	3.30	18:23	5:34	8	6:09	58	6:09	9.90	52:22	5:17	8	16:21	55	18:17