



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Basse, Mandy

Club: Physiotherapie Britta Schmidt
Number: 446

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W40

Total time: 52:51

Speed: 10.22 km/h
Running performance: 5:20 min/km

Rank in course/Total: 59 (of 97)

Rank in course/Women: 5 (of 23)

Best time in course: 48:15

Rank in category: 1(of 2)

Best time in the category: 52:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	16:31	5:00	1	-	2	1:20	3.30	16:31	5:00	1	-	2	1:20
Rundenzeit	3.30	17:53	5:25	1	-	5	1:34	6.60	34:24	5:12	1	-	4	2:54
Finish	3.30	18:27	5:35	1	-	6	1:57	9.90	52:51	5:20	1	-	5	4:36