



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bannach, Volker

Club: Braunlage

Number: 504

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M60

Total time: 54:24

Speed: 9.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 66 (of 97)

Rank in course/Men: 58 (of 74)

Best time in course: 36:01

Rank in category: 3(of 4)

Best time in the category: 45:02

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	17:33	5:19	3	2:57	63	13:42	3.30	17:33	5:19	3	2:57	63	13:42
Rundenzeit	3.30	18:14	5:31	2	3:03	58	6:14	6.60	35:47	5:25	2	6:00	60	14:22
Finish	3.30	18:37	5:38	4	3:22	60	6:23	9.90	54:24	5:29	3	9:22	59	20:19