



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Schneeberg, Frank

Club: RRC Nordhausen

Number: 424

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 54:23

Speed: 9.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 65 (of 97)

Rank in course/Men: 57 (of 74)

Best time in course: 36:01

Rank in category: 9(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	16:38	5:02	9	4:51	55	12:47	3.30	16:38	5:02	9	4:51	55	12:47
Rundenzeit	3.30	18:10	5:30	9	6:10	56	6:10	6.60	34:48	5:16	9	11:01	56	13:23
Finish	3.30	19:35	5:56	11	7:21	65	7:21	9.90	54:23	5:29	9	18:22	58	20:18