



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Rieger, Alexandra

Club: Landkreis Nordhausen

Number: 409

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W35

Total time: 54:17

Speed: 9.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 64 (of 97)

Rank in course/Women: 8 (of 23)

Best time in course: 48:15

Rank in category: 3(of 5)

Best time in the category: 48:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Rundenzeit	3.30	17:32	5:18	3	2:21	10	2:21	3.30	17:32	5:18	3	2:21	10	2:21	
Rundenzeit	3.30	18:14	5:31	3	1:55	8	1:55	6.60	35:46	5:25	3	4:16	8	4:16	
Finish	3.30	18:31	5:36	3	2:01	8	2:01	9.90	54:17	5:28	3	6:02	8	6:02	