



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Zennecke, Bernd

Club: Nordhausen

Number: 437

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M60

Total time: 54:40

Speed: 9.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 68 (of 97)

Rank in course/Men: 60 (of 74)

Best time in course: 36:01

Rank in category: 4(of 4)

Best time in the category: 45:02

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	18:06	5:29	4	3:30	65	14:15	3.30	18:06	5:29	4	3:30	65	14:15
Rundenzeit	3.30	18:21	5:33	3	3:10	59	6:21	6.60	36:27	5:31	4	6:40	62	15:02
Finish	3.30	18:13	5:31	3	2:58	57	5:59	9.90	54:40	5:31	4	9:38	61	20:35