



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Kassubek, Jason

Number: 514

Course: 9.90 km

3 Runden 9,9 km

Category:

männliche Jugend U18 (16 und 17 Jahre)

Total time: 54:41

Speed: 9.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 69 (of 97)

Rank in course/Men: 61 (of 74)

Best time in course: 36:01

Rank in category: 6(of 6)

Best time in the category: 46:38

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	17:06	5:10	5	2:32	57	13:15	3.30	17:06	5:10	5	2:32	57	13:15
Rundenzeit	3.30	18:24	5:34	5	2:41	60	6:24	6.60	35:30	5:22	6	5:12	58	14:05
Finish	3.30	19:11	5:48	6	3:21	63	6:57	9.90	54:41	5:31	6	8:03	62	20:36