



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Apel, Michaela

Club: Leinefelde

Number: 454

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W30

Total time: 55:35

Speed: 9.72 km/h

Running performance: 5:37 min/km

Rank in course/Total: 72 (of 97)

Rank in course/Women: 10 (of 23)

Best time in course: 48:15

Rank in category: 1(of 5)

Best time in the category: 55:35

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total | Total | Total | Pos | Behind | Pos | Behind |
|------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|-------|--------|------|--------|-------|--------|
| | | | | | | | | km | Time | min/km | Cat. | Cat. | Women | Women |
| Rundenzeit | 3.30 | 17:31 | 5:18 | 1 | - | 9 | 2:20 | 3.30 | 17:31 | 5:18 | 1 | - | 9 | 2:20 |
| Rundenzeit | 3.30 | 18:49 | 5:42 | 1 | - | 10 | 2:30 | 6.60 | 36:20 | 5:30 | 1 | - | 10 | 4:50 |
| Finish | 3.30 | 19:15 | 5:50 | 1 | - | 11 | 2:45 | 9.90 | 55:35 | 5:36 | 1 | - | 10 | 7:20 |