



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