



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Blanke, Ronny

Club: Plasma Service Europe GmbH

Number: 403

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 55:15

Speed: 9.77 km/h

Running performance: 5:35 min/km

Rank in course/Total: 71 (of 97)

Rank in course/Men: 62 (of 74)

Best time in course: 36:01

Rank in category: 10(of 15)

Best time in the category: 36:01

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	18:12	5:30	11	6:25	66	14:21	3.30	18:12	5:30	11	6:25	66	14:21
Rundenzeit	3.30	18:30	5:36	10	6:30	61	6:30	6.60	36:42	5:33	11	12:55	65	15:17
Finish	3.30	18:33	5:37	9	6:19	59	6:19	9.90	55:15	5:34	10	19:14	63	21:10