



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Keitz, Steffen

Club: Einzelkämpfer

Number: 418

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 56:32

Speed: 9.55 km/h

Running performance: 5:43 min/km

Rank in course/Total: 73 (of 97)

Rank in course/Men: 63 (of 74)

Best time in course: 36:01

Rank in category: 11(of 15)

Best time in the category: 36:01

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Rundenzeit	3.30	18:16	5:32	12	6:29	67	14:25	3.30	18:16	5:32	12	6:29	67	14:25
Rundenzeit	3.30	18:58	5:44	11	6:58	64	6:58	6.60	37:14	5:38	12	13:27	66	15:49
Finish	3.30	19:18	5:50	10	7:04	64	7:04	9.90	56:32	5:42	11	20:31	64	22:27