



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Jänicke, Ellen

Club: Bernburg OT Preußlitz

Number: 445

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W35

Total time: 56:49

Speed: 9.50 km/h

Running performance: 5:44 min/km

Rank in course/Total: 75 (of 97)

Rank in course/Women: 11 (of 23)

Best time in course: 48:15

Rank in category: 4(of 5)

Best time in the category: 48:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Rundenzeit	3.30	18:17	5:32	4	3:06	12	3:06	3.30	18:17	5:32	4	3:06	12	3:06	
Rundenzeit	3.30	19:29	5:54	4	3:10	13	3:10	6.60	37:46	5:43	4	6:16	13	6:16	
Finish	3.30	19:03	5:46	4	2:33	10	2:33	9.90	56:49	5:44	4	8:34	11	8:34	