



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Leukefeld, Patrick

Club: Hainrode

Number: 419

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 56:49

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 74 (of 97)

Rank in course/Men: 64 (of 74)

Best time in course: 36:01

Rank in category: 12(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	17:31	5:18	10	5:44	62	13:40	3.30	17:31	5:18	10	5:44	62	13:40
Rundenzeit	3.30	19:09	5:48	12	7:09	65	7:09	6.60	36:40	5:33	10	12:53	64	15:15
Finish	3.30	20:09	6:06	12	7:55	67	7:55	9.90	56:49	5:44	12	20:48	65	22:44