



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gartenbach, Tris

Club: Team Kyffhäuser

Number: 472

Course: 9.90 km

3 Runden 9,9 km

Category:

männliche Jugend U20 (18 und 19 Jahre)

Total time: 56:57

Speed: 9.48 km/h

Running performance: 5:45 min/km

Rank in course/Total: 76 (of 97)

Rank in course/Men: 65 (of 74)

Best time in course: 36:01

Rank in category: 3(of 3)

Best time in the category: 41:59

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	17:10	5:12	3	3:43	58	13:19	3.30	17:10	5:12	3	3:43	58	13:19
Rundenzeit	3.30	18:31	5:36	3	4:12	62	6:31	6.60	35:41	5:24	3	7:55	59	14:16
Finish	3.30	21:16	6:26	3	7:03	70	9:02	9.90	56:57	5:45	3	14:58	66	22:52