



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Lützkendorf, Gabriele

Club: Omi Schecki Gedächtnislaufgruppe
Number: 415

Course: 9.90 km
3 Runden 9,9 km

Category:
Seniorinnen W55

Total time: 57:37

Speed: 9.37 km/h
Running performance: 5:49 min/km

Rank in course/Total: 78 (of 97)
Rank in course/Women: 13 (of 23)

Best time in course: 48:15

Rank in category: 1(of 1)
Best time in the category: 57:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	18:19	5:33	1	-	13	3:08	3.30	18:19	5:33	1	-	13	3:08
Rundenzeit	3.30	19:23	5:52	1	-	11	3:04	6.60	37:42	5:42	1	-	12	6:12
Finish	3.30	19:55	6:02	1	-	12	3:25	9.90	57:37	5:49	1	-	13	9:22