



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bukat, Günter

Club: SV Germania Heringen

Number: 466

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M65

Total time: 57:42

Speed: 9.36 km/h

Running performance: 5:50 min/km

Rank in course/Total: 79 (of 97)

Rank in course/Men: 66 (of 74)

Best time in course: 36:01

Rank in category: 2(of 2)

Best time in the category: 48:54

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 | 19:27 | 5:53 | 2 | 3:20 | 71 | 15:36 | 3.30 | 19:27 | 5:53 | 2 | 3:20 | 71 | 15:36 |
| Rundenzeit | 3.30 | 19:26 | 5:53 | 2 | 3:00 | 68 | 7:26 | 6.60 | 38:53 | 5:53 | 2 | 6:20 | 70 | 17:28 |
| Finish | 3.30 | 18:49 | 5:42 | 2 | 2:28 | 62 | 6:35 | 9.90 | 57:42 | 5:49 | 2 | 8:48 | 67 | 23:37 |