



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Bertram, Dirk

Club: SV Herrmannsacker

Number: 431

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M45

Total time: 57:54

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 80 (of 97)

Rank in course/Men: 67 (of 74)

Best time in course: 36:01

Rank in category: 7(of 7)

Best time in the category: 41:19

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	17:55	5:25	7	4:15	64	14:04	3.30	17:55	5:25	7	4:15	64	14:04
Rundenzeit	3.30	20:03	6:04	7	6:08	70	8:03	6.60	37:58	5:45	7	10:23	68	16:33
Finish	3.30	19:56	6:02	7	6:12	66	7:42	9.90	57:54	5:50	7	16:35	68	23:49