



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Ausmeier, Denny

Club: eldorado-NDH

Number: 420

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 58:04

Speed: 9.30 km/h

Running performance: 5:52 min/km

Rank in course/Total: 81 (of 97)

Rank in course/Men: 68 (of 74)

Best time in course: 36:01

Rank in category: 13(of 15)

Best time in the category: 36:01

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	18:25	5:34	13	6:38	69	14:34	3.30	18:25	5:34	13	6:38	69	14:34
Rundenzeit	3.30	19:24	5:52	13	7:24	67	7:24	6.60	37:49	5:43	13	14:02	67	16:24
Finish	3.30	20:15	6:08	13	8:01	68	8:01	9.90	58:04	5:51	13	22:03	69	23:59