



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Gerth, Doreen

Club: HSG

Number: 503

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W40

Total time: 57:10

Speed: 9.45 km/h

Running performance: 5:46 min/km

Rank in course/Total: 77 (of 97)

Rank in course/Women: 12 (of 23)

Best time in course: 48:15

Rank in category: 2(of 2)

Best time in the category: 52:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	17:23	5:16	2	0:52	8	2:12	3.30	17:23	5:16	2	0:52	8	2:12
Rundenzeit	3.30	19:25	5:53	2	1:32	12	3:06	6.60	36:48	5:34	2	2:24	11	5:18
Finish	3.30	20:22	6:10	2	1:55	15	3:52	9.90	57:10	5:46	2	4:19	12	8:55