



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Prenzel, Sophie

Club: VfL 28 Ellrich

Number: 496

Course: 9.90 km

3 Runden 9,9 km

Category:

weibliche Jugend U18 (16 und 17 Jahre)

Total time: 59:19

Speed: 9.10 km/h

Running performance: 5:59 min/km

Rank in course/Total: 83 (of 97)

Rank in course/Women: 14 (of 23)

Best time in course: 48:15

Rank in category: 2(of 4)

Best time in the category: 53:03

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 | 18:45 | 5:40 | 2 | 1:33 | 14 | 3:34 | 3.30 | 18:45 | 5:40 | 2 | 1:33 | 14 | 3:34 |
| Rundenzeit | 3.30 | 20:12 | 6:07 | 2 | 2:16 | 14 | 3:53 | 6.60 | 38:57 | 5:54 | 2 | 3:49 | 14 | 7:27 |
| Finish | 3.30 | 20:22 | 6:10 | 2 | 2:27 | 15 | 3:52 | 9.90 | 59:19 | 5:59 | 2 | 6:16 | 14 | 11:04 |