



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