



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Liebram, Alexander

Club: SV Friesen Nohra

Number: 494

Course: 9.90 km

3 Runden 9,9 km

Category:

Männer

Total time: 1:00:27

Speed: 8.93 km/h

Running performance: 6:07 min/km

Rank in course/Total: 84 (of 97)

Rank in course/Men: 70 (of 74)

Best time in course: 36:01

Rank in category: 8(of 8)

Best time in the category: 42:02

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	3:51	1:10	1	-	1	-	3.30	3:51	1:10	1	-	1	-
Rundenzeit	3.30	17:34	5:19	7	3:51	49	5:34	6.60	21:25	3:14	1	-	1	-
Finish	3.30	39:02	11:49	8	24:25	74	26:48	9.90	1:00:27	6:06	8	18:25	71	26:22