



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Chowanietz, Franziska

Club: Landkreis Nordhausen

Number: 410

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W30

Total time: 1:01:13

Speed: 8.82 km/h

Running performance: 6:11 min/km

Rank in course/Total: 86 (of 97)

Rank in course/Women: 16 (of 23)

Best time in course: 48:15

Rank in category: 2 (of 5)

Best time in the category: 55:35

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	20:28	6:12	3	2:57	18	5:17	3.30	20:28	6:12	3	2:57	18	5:17
Rundenzeit	3.30	20:41	6:16	2	1:52	16	4:22	6.60	41:09	6:14	2	4:49	16	9:39
Finish	3.30	20:04	6:04	2	0:49	13	3:34	9.90	1:01:13	6:11	2	5:38	16	12:58