



# 12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

## Detailed evaluation

Müller-Steglich, Anne

Club: KKJR-MSH

Number: 442

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W30

Total time: 1:04:39

Speed: 8.35 km/h

Running performance: 6:32 min/km

Rank in course/Total: 87 (of 97)

Rank in course/Women: 17 (of 23)

Best time in course: 48:15

Rank in category: 3(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.	Pos Women	Behind Women	Total		Total		Total		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	20:24	6:10	2	2:53	17	5:13	3.30	20:24	6:10	2	2:53	17	5:13
Rundenzeit	3.30	21:57	6:39	3	3:08	18	5:38	6.60	42:21	6:25	3	6:01	18	10:51
Finish	3.30	22:18	6:45	3	3:03	17	5:48	9.90	1:04:39	6:31	3	9:04	17	16:24