



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Zimmermann, Claudia

Club: Obergebra

Number: 491

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W35

Total time: 1:05:06

Speed: 8.29 km/h

Running performance: 6:35 min/km

Rank in course/Total: 88 (of 97)

Rank in course/Women: 18 (of 23)

Best time in course: 48:15

Rank in category: 5(of 5)

Best time in the category: 48:15

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	20:05	6:05	5	4:54	16	4:54	3.30	20:05	6:05	5	4:54	16	4:54
Rundenzeit	3.30	21:49	6:36	5	5:30	17	5:30	6.60	41:54	6:20	5	10:24	17	10:24
Finish	3.30	23:12	7:01	5	6:42	20	6:42	9.90	1:05:06	6:34	5	16:51	18	16:51