



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Walter, Franziska

Club: Nordhausen

Number: 456

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W30

Total time: 1:06:44

Speed: 8.09 km/h

Running performance: 6:44 min/km

Rank in course/Total: 90 (of 97)

Rank in course/Women: 19 (of 23)

Best time in course: 48:15

Rank in category: 4(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	21:57	6:39	4	4:26	20	6:46	3.30	21:57	6:39	4	4:26	20	6:46
Rundenzeit	3.30	22:22	6:46	5	3:33	20	6:03	6.60	44:19	6:42	4	7:59	19	12:49
Finish	3.30	22:25	6:47	4	3:10	18	5:55	9.90	1:06:44	6:44	4	11:09	19	18:29