



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Hildebrandt, Stefanie

Club: Heringen

Number: 462

Course: 9.90 km

3 Runden 9,9 km

Category:

Seniorinnen W30

Total time: 1:06:45

Speed: 8.09 km/h

Running performance: 6:44 min/km

Rank in course/Total: 91 (of 97)

Rank in course/Women: 20 (of 23)

Best time in course: 48:15

Rank in category: 5(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	21:58	6:39	5	4:27	21	6:47	3.30	21:58	6:39	5	4:27	21	6:47
Rundenzeit	3.30	22:21	6:46	4	3:32	19	6:02	6.60	44:19	6:42	4	7:59	19	12:49
Finish	3.30	22:26	6:47	5	3:11	19	5:56	9.90	1:06:45	6:44	5	11:10	20	18:30