



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Jacobi, Ingobert

Club: LG Südharzläufer

Number: 438

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M75

Total time: 1:07:13

Speed: 8.03 km/h

Running performance: 6:47 min/km

Rank in course/Total: 92 (of 97)

Rank in course/Men: 72 (of 74)

Best time in course: 36:01

Rank in category: 1(of 1)

Best time in the category: 1:07:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Rundenzeit	3.30	21:57	6:39	1	-	74	18:06	3.30	21:57	6:39	1	-	74	18:06
Rundenzeit	3.30	22:33	6:50	1	-	72	10:33	6.60	44:30	6:44	1	-	73	23:05
Finish	3.30	22:43	6:53	1	-	71	10:29	9.90	1:07:13	6:47	1	-	73	33:08