



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Urban, Tobias

Club: Plasma Service Europe GmbH

Number: 404

Course: 9.90 km

3 Runden 9,9 km

Category:

Senioren M35

Total time: 1:08:08

Speed: 7.93 km/h

Running performance: 6:53 min/km

Rank in course/Total: 93 (of 97)

Rank in course/Men: 73 (of 74)

Best time in course: 36:01

Rank in category: 15(of 15)

Best time in the category: 36:01

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	20:33	6:13	15	8:46	73	16:42	3.30	20:33	6:13	15	8:46	73	16:42
Rundenzeit	3.30	23:43	7:11	15	11:43	73	11:43	6.60	44:16	6:42	15	20:29	72	22:51
Finish	3.30	23:52	7:13	15	11:38	73	11:38	9.90	1:08:08	6:52	15	32:07	74	34:03