



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Beltz, Paula

Club: Mühlhäuser Laufwölfe

Number: 461

Course: 9.90 km

3 Runden 9,9 km

Category:

weibliche Jugend U20 (18 und 19 Jahre)

Total time: 1:11:00

Speed: 7.61 km/h

Running performance: 7:10 min/km

Rank in course/Total: 94 (of 97)

Rank in course/Women: 21 (of 23)

Best time in course: 48:15

Rank in category: 1(of 1)

Best time in the category: 1:11:00

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	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Rundenzeit	3.30	22:11	6:43	1	-	22	7:00	3.30	22:11	6:43	1	-	22	7:00
Rundenzeit	3.30	23:43	7:11	1	-	21	7:24	6.60	45:54	6:57	1	-	21	14:24
Finish	3.30	25:06	7:36	1	-	22	8:36	9.90	1:11:00	7:10	1	-	21	22:45