



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Simon, Mira

Club: SV Padagogium

Number: 515

Course: 9.90 km

3 Runden 9,9 km

Category:

weibliche Jugend U18 (16 und 17 Jahre)

Total time: 1:12:51

Speed: 7.41 km/h

Running performance: 7:22 min/km

Rank in course/Total: 95 (of 97)

Rank in course/Women: 22 (of 23)

Best time in course: 48:15

Rank in category: 3(of 4)

Best time in the category: 53:03

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	20:38	6:15	3	3:26	19	5:27	3.30	20:38	6:15	3	3:26	19	5:27
Rundenzeit	3.30	26:08	7:55	4	8:12	23	9:49	6.60	46:46	7:05	3	11:38	22	15:16
Finish	3.30	26:05	7:54	4	8:10	23	9:35	9.90	1:12:51	7:21	3	19:48	22	24:36