



12. NORDHÄUSER CITYLAUF

Nordhausen / 18.09.2016

Detailed evaluation

Simon, Vinja

Club: SSC Pädagogium

Number: 441

Course: 9.90 km

3 Runden 9,9 km

Category:

weibliche Jugend U18 (16 und 17 Jahre)

Total time: 1:12:56

Speed: 7.40 km/h

Running performance: 7:22 min/km

Rank in course/Total: 96 (of 97)

Rank in course/Women: 23 (of 23)

Best time in course: 48:15

Rank in category: 4(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Rundenzeit	3.30	22:20	6:46	4	5:08	23	7:09	3.30	22:20	6:46	4	5:08	23	7:09
Rundenzeit	3.30	25:31	7:43	3	7:35	22	9:12	6.60	47:51	7:15	4	12:43	23	16:21
Finish	3.30	25:05	7:36	3	7:10	21	8:35	9.90	1:12:56	7:22	4	19:53	23	24:41