



Detailed evaluation

Nitschke, Torsten

Club: Best of 75

Number: 42

Course: 8.00 km

Sprint

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:11

Speed: 9.03 km/h

Running performance: 6:39 min/km

Rank in course/Total: 56 (of 292)

Rank in course/Men: 52 (of 192)

Best time in course: 38:15

Rank in category: 8(of 29)

Best time in the category: 43:19

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Himmelsleiter +	-	2:32	-	8	0:44	43	1:10	-	2:32	-	8	0:44	43	1:10
Himmelsleiter +	-	4:11	-	6	0:47	44	1:21	-	6:43	-	6	1:26	39	2:31
Nordwand + Dov	-	6:01	-	8	1:00	50	1:36	-	12:44	-	6	2:26	41	4:05
Nordwand + Dov	-	1:57	-	7	0:27	41	0:29	-	14:41	-	6	2:53	43	4:30
Duckmäuser Eins	-	17:34	-	8	3:32	43	5:13	-	32:15	-	7	6:25	42	9:29
Duckmäuser Aus	-	0:29	-	17	0:13	90	0:13	-	32:44	-	7	6:38	41	9:40
Pneumant Einstie	-	0:46	-	9	0:17	56	0:25	-	33:30	-	7	6:53	39	10:02
Pneumant Aussti	-	0:17	-	26	0:13	178	0:14	-	33:47	-	7	7:04	41	10:13
Heuschnupfen Ei	-	11:40	-	7	1:44	54	2:56	-	45:27	-	8	8:48	42	13:09
Heuschnupfen Ai	-	0:07	-	16	0:02	122	0:03	-	45:34	-	6	8:48	40	13:12
Schlammbowle E	-	2:35	-	7	0:23	60	0:40	-	48:09	-	6	9:11	40	13:51
Schlammbowle A	-	1:01	-	10	0:19	74	0:27	-	49:10	-	6	9:27	40	14:18
Sportplatz Mühlb	8.00	4:01	-	11	0:25	71	0:38	8.00	53:11	6:38	8	9:52	52	14:56