



15. Kirschlauf
Kleinfahrer / 14.06.2015

Detailed evaluation

Nitzschke, Alexander

Club: Erfurt - Gustav, Konrad, Frieda
Number: 223

Course: 14.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:15:24

Speed: 11.14 km/h
Running performance: 5:23 min/km

Rank in course/Total: 82 (of 218)

Rank in course/Men: 76 (of 170)

Best time in course: 51:37

Rank in category: 6(of 22)

Best time in the category: 1:05:11

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
Kontrolle	7.50	45:54	6:07	5	5:54	68	14:04	7.50	45:54	6:07	5	5:54	68	14:04
Finish	6.50	29:30	4:32	10	5:15	97	9:43	14.00	1:15:24	5:23	6	10:13	76	23:47