



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

NITSCHKE, Torsten

Club: Erfurt
 Number: 417

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:31:54

Speed: 12.08 km/h
 Running performance: 4:58 min/km

Rank in course/Total: 61 (of 173)

Rank in course/Men: 57 (of 140)

Best time in course: 1:06:14

Rank in category: 7(of 13)

Best time in the category: 1:10:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	45:14	4:51	7	10:37	54	12:44	9.30	45:14	4:51	7	10:37	54	12:44
Control	9.00	45:44	5:04	7	10:59	59	12:42	18.30	1:30:58	4:58	7	21:36	57	25:26
Finish	0.20	0:56	4:39	8	0:11	63	0:19	18.50	1:31:54	4:58	7	21:47	57	25:40