



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BECHERER, Markus

Club: Erfurt
 Number: 355

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M35 (35-39 Jahre)

Total time: 1:15:04

Speed: 14.39 km/h
 Running performance: 4:04 min/km

Rank in course/Total: 11 (of 173)

Rank in course/Men: 11 (of 140)

Best time in course: 1:06:14

Rank in category: 3(of 21)

Best time in the category: 1:12:56

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
Control	9.30	36:24	3:54	1	-	8	3:54	9.30	36:24	3:54	1	-	8	3:54
Control	9.00	37:51	4:12	3	2:15	11	4:49	18.30	1:14:15	4:03	3	2:05	11	8:43
Finish	0.20	0:49	4:04	7	0:05	28	0:12	18.50	1:15:04	4:03	3	2:08	11	8:50