



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BECHMANN, Rico

Club: Lauffeuer Fröttstädt e.V.
 Number: 356

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M30 (30-34 Jahre)

Total time: 1:21:22

Speed: 13.64 km/h
 Running performance: 4:24 min/km

Rank in course/Total: 26 (of 173)

Rank in course/Men: 23 (of 140)

Best time in course: 1:06:14

Rank in category: 7(of 17)

Best time in the category: 1:06:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	9.30	40:37	4:22	7	8:07	25	8:07	9.30	40:37	4:22	7	8:07	25	8:07
Control	9.00	39:55	4:26	7	6:53	23	6:53	18.30	1:20:32	4:24	7	15:00	23	15:00
Finish	0.20	0:50	4:10	7	0:08	33	0:13	18.50	1:21:22	4:23	7	15:08	23	15:08