



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Becker, Markus

Club: Arnstadt
 Number: 471

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:28:08

Speed: 12.25 km/h
 Running performance: 4:46 min/km

Rank in course/Total: 49 (of 173)

Rank in course/Men: 45 (of 140)

Best time in course: 1:06:14

Rank in category: 4(of 22)

Best time in the category: 1:15:54

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	44:58	4:50	7	8:05	51	12:28	9.30	44:58	4:50	7	8:05	51	12:28
Control	9.00	42:19	4:42	3	4:06	34	9:17	18.30	1:27:17	4:46	4	12:11	45	21:45
Finish	0.20	0:51	4:15	5	0:03	42	0:14	18.50	1:28:08	4:45	4	12:14	45	21:54