



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

BECKER, Jan

Club: Leipzig
 Number: 358

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:39:14

Speed: 10.88 km/h
 Running performance: 5:22 min/km

Rank in course/Total: 97 (of 173)

Rank in course/Men: 91 (of 140)

Best time in course: 1:06:14

Rank in category: 14(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	48:59	5:16	14	12:06	98	16:29	9.30	48:59	5:16	14	12:06	98	16:29
Control	9.00	49:13	5:28	13	11:00	87	16:11	18.30	1:38:12	5:21	14	23:06	91	32:40
Finish	0.20	1:02	5:10	14	0:14	100	0:25	18.50	1:39:14	5:21	14	23:20	91	33:00