



14. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Beermann, Kai

Club: Marathon Club Menden
 Number: 525

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:52:46

Speed: 9.84 km/h
 Running performance: 6:06 min/km

Rank in course/Total: 155 (of 173)

Rank in course/Men: 129 (of 140)

Best time in course: 1:06:14

Rank in category: 21(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	52:15	5:37	19	15:22	118	19:45	9.30	52:15	5:37	19	15:22	118	19:45
Control	9.00	59:16	6:35	22	21:03	129	26:14	18.30	1:51:31	6:05	21	36:25	126	45:59
Finish	0.20	1:15	6:15	22	0:27	132	0:38	18.50	1:52:46	6:05	21	36:52	129	46:32