



15. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Becker, Steffen

Club: Siegelbach  
Number: 478

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:20:14

Speed: 13.46 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 14 (of 144)

Rank in course/Men: 14 (of 118)

Best time in course: 1:06:50

Rank in category: 2(of 22)

Best time in the category: 1:19:41

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
Runde	9.30	39:40	4:15	3	0:26	16	6:41	9.30	39:40	4:15	3	0:26	16	6:41
Runde	9.00	39:49	4:25	2	0:04	16	6:35	18.30	1:19:29	4:20	2	0:30	14	13:16
Finish	0.20	0:45	3:45	4	0:08	21	0:10	18.50	1:20:14	4:20	2	0:33	14	13:24