



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BECHMANN, Rico

Club: Lauffeuer Fröttstädt
Number: 355

Course: 18.50 km
Lange Strecke

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:25:25

Speed: 12.64 km/h
Running performance: 4:37 min/km

Rank in course/Total: 27 (of 144)

Rank in course/Men: 26 (of 118)

Best time in course: 1:06:50

Rank in category: 3(of 16)

Best time in the category: 1:10:36

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	45:27	4:53	8	11:12	50	12:28	9.30	45:27	4:53	8	11:12	50	12:28
Runde	9.00	39:12	4:21	2	3:33	13	5:58	18.30	1:24:39	4:37	3	14:45	25	18:26
Finish	0.20	0:46	3:50	3	0:04	23	0:11	18.50	1:25:25	4:37	3	14:49	26	18:35