



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Bergmann, Michael

Club: Laufwerk Sömmerda
Number: 483

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:26:56

Speed: 12.42 km/h
Running performance: 4:42 min/km

Rank in course/Total: 33 (of 144)

Rank in course/Men: 32 (of 118)

Best time in course: 1:06:50

Rank in category: 8(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	43:11	4:38	8	3:57	34	10:12	9.30	43:11	4:38	8	3:57	34	10:12
Runde	9.00	42:59	4:46	8	3:14	36	9:45	18.30	1:26:10	4:42	8	7:11	32	19:57
Finish	0.20	0:46	3:50	6	0:09	23	0:11	18.50	1:26:56	4:41	8	7:15	32	20:06