



15. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Becker, Markus

Club: GM Rensteiglaufverein
Number: 456

Course: 18.50 km
Lange Strecke

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:30:29

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 47 (of 144)

Rank in course/Men: 45 (of 118)

Best time in course: 1:06:50

Rank in category: 9(of 22)

Best time in the category: 1:19:41

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
Runde	9.30	44:49	4:49	9	5:35	45	11:50	9.30	44:49	4:49	9	5:35	45	11:50
Runde	9.00	44:47	4:58	10	5:02	46	11:33	18.30	1:29:36	4:53	9	10:37	45	23:23
Finish	0.20	0:53	4:24	11	0:16	64	0:18	18.50	1:30:29	4:53	9	10:48	45	23:39