



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

Beermann, Kai

Club: MARATHON CLUB MEND
 Number: 502

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:52:28

Speed: 9.60 km/h
 Running performance: 6:05 min/km

Rank in course/Total: 124 (of 144)

Rank in course/Men: 108 (of 118)

Best time in course: 1:06:50

Rank in category: 8(of 11)

Best time in the category: 1:37:12

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	54:15	5:49	8	6:55	107	21:16	9.30	54:15	5:49	8	6:55	107	21:16
Runde	9.00	57:10	6:21	9	9:41	110	23:56	18.30	1:51:25	6:05	8	15:05	108	45:12
Finish	0.20	1:03	5:15	9	0:15	101	0:28	18.50	1:52:28	6:04	8	15:16	108	45:38