



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

BECK, Andreas

Club: LSV Lok Arnstadt
 Number: 356

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M55 (55-59 Jahre)

Total time: 1:52:53

Speed: 9.83 km/h
 Running performance: 6:06 min/km

Rank in course/Total: 125 (of 144)

Rank in course/Men: 109 (of 118)

Best time in course: 1:06:50

Rank in category: 9(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	55:53	6:00	10	8:33	110	22:54	9.30	55:53	6:00	10	8:33	110	22:54
Runde	9.00	55:58	6:13	7	8:29	104	22:44	18.30	1:51:51	6:06	9	15:31	109	45:38
Finish	0.20	1:02	5:10	7	0:14	99	0:27	18.50	1:52:53	6:06	9	15:41	109	46:03