



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Bechmann, Rico

Club: Lauffeuer Fröttstädt  
 Number: 404

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M35 (35-39 Jahre)

Total time: 1:12:44

Speed: 14.85 km/h  
 Running performance: 3:56 min/km

Rank in course/Total: 3 (of 149)

Rank in course/Men: 3 (of 122)

Best time in course: 1:10:12

Rank in category: 2(of 23)

Best time in the category: 1:12:23

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	36:30	3:55	2	1:15	6	2:06	9.30	36:30	3:55	2	1:15	6	2:06
Runde	9.00	35:34	3:57	1	-	2	0:27	18.30	1:12:04	3:56	2	0:24	3	2:33
Finish	0.20	0:40	3:19	2	0:01	3	0:02	18.50	1:12:44	3:55	2	0:21	3	2:32