



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Becker, Markus

Club: GM Rensteiglaufverein
 Number: 512

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M50 (50-54 Jahre)

Total time: 1:28:56

Speed: 12.14 km/h
 Running performance: 4:49 min/km

Rank in course/Total: 42 (of 149)

Rank in course/Men: 42 (of 122)

Best time in course: 1:10:12

Rank in category: 9(of 20)

Best time in the category: 1:18:48

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	43:24	4:39	9	4:19	41	9:00	9.30	43:24	4:39	9	4:19	41	9:00
Runde	9.00	44:47	4:58	10	6:22	44	9:40	18.30	1:28:11	4:49	9	10:07	42	18:40
Finish	0.20	0:45	3:45	4	0:02	17	0:07	18.50	1:28:56	4:48	9	10:08	42	18:44