



17. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Becker, Markus

Club: Gutsmuths rennsteiglaufverein
Number: 278

Course: 18.50 km
Lange Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:33:42

Speed: 11.53 km/h
Running performance: 5:04 min/km

Rank in course/Total: 34 (of 75)

Rank in course/Men: 32 (of 57)

Best time in course: 59:36

Rank in category: 2(of 6)

Best time in the category: 1:32:58

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	45:25	4:53	2	0:09	31	15:30	9.30	45:25	4:53	7	0:09	58	15:30
Runde	9.00	47:24	5:15	3	0:34	37	18:17	18.30	1:32:49	5:04	7	0:43	57	33:47
Finish	0.20	0:53	4:24	3	0:02	32	0:19	18.50	1:33:42	5:03	2	0:44	32	34:06