



15. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 31.03.2018

0000

Becker, Steffen

00: Siegelbach

00: 478

00: 18.50 km

Lange Strecke

0000:

Senioren M50 (50-54 Jahre)

000: 1:20:14

00: 13.46 km/h

0000: 4:20 min/km

00000/000: 14 (of 144)

00000/0: 14 (of 118)

000000: 1:06:50

00000: 2(of 22)

0000000: 1:19:41

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000

| 000   | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00   | 00 | 00    |
|-------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|-------|
|       | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -    | 0  | 0     |
| Runde | 9.30 | 39:40 | 4:15   | 3  | 0:26 | 16 | 6:41 | 9.30  | 39:40   | 4:15   | 3  | 0:26 | 16 | 6:41  |
| Runde | 9.00 | 39:49 | 4:25   | 2  | 0:04 | 16 | 6:35 | 18.30 | 1:19:29 | 4:20   | 2  | 0:30 | 14 | 13:16 |
| Ziel  | 0.20 | 0:45  | 3:45   | 4  | 0:08 | 21 | 0:10 | 18.50 | 1:20:14 | 4:20   | 2  | 0:33 | 14 | 13:24 |