



14. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 15.04.2017

Detailed evaluation

Kopp, Matthias

Club: Jena  
 Number: 453

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M40 (40-44 Jahre)

Total time: 1:14:47

Speed: 14.44 km/h  
 Running performance: 4:02 min/km

Rank in course/Total: 10 (of 173)

Rank in course/Men: 10 (of 140)

Best time in course: 1:06:14

Rank in category: 2(of 13)

Best time in the category: 1:10:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Control	9.30	36:10	3:53	2	1:33	7	3:40	9.30	36:10	3:53	2	1:33	7	3:40
Control	9.00	37:43	4:11	2	2:58	10	4:41	18.30	1:13:53	4:02	2	4:31	10	8:21
Finish	0.20	0:54	4:30	7	0:09	52	0:17	18.50	1:14:47	4:02	2	4:40	10	8:33