



15. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 31.03.2018

Detailed evaluation

KOPP, Matthias

Club: Jena
 Number: 404

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:14:46

Speed: 14.85 km/h
 Running performance: 4:02 min/km

Rank in course/Total: 9 (of 144)

Rank in course/Men: 9 (of 118)

Best time in course: 1:06:50

Rank in category: 1(of 18)

Best time in the category: 1:14:46

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	36:36	3:56	1	-	7	3:37	9.30	36:36	3:56	1	-	7	3:37
Runde	9.00	37:24	4:09	1	-	9	4:10	18.30	1:14:00	4:02	1	-	9	7:47
Finish	0.20	0:46	3:50	4	0:11	23	0:11	18.50	1:14:46	4:02	1	-	9	7:56