



16. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Kopp, Matthias

Club: Jena
 Number: 443

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:14:14

Speed: 14.55 km/h
 Running performance: 4:01 min/km

Rank in course/Total: 4 (of 149)

Rank in course/Men: 4 (of 122)

Best time in course: 1:10:12

Rank in category: 1(of 16)

Best time in the category: 1:14:14

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	36:09	3:53	1	-	4	1:45	9.30	36:09	3:53	1	-	4	1:45
Runde	9.00	37:08	4:07	1	-	6	2:01	18.30	1:13:17	4:00	1	-	4	3:46
Finish	0.20	0:57	4:44	8	0:12	82	0:19	18.50	1:14:14	4:00	1	-	4	4:02