



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Kopp, Matthias

Club: Jena
 Number: 306

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49 Jahre)

Total time: 1:19:53

Speed: 13.52 km/h
 Running performance: 4:19 min/km

Rank in course/Total: 12 (of 75)

Rank in course/Men: 12 (of 57)

Best time in course: 59:36

Rank in category: 1(of 9)

Best time in the category: 1:19:53

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	39:54	4:17	1	-	13	9:59	9.30	39:54	4:17	1	-	58	9:59
Runde	9.00	39:05	4:20	1	-	11	9:58	18.30	1:18:59	4:18	1	-	57	19:57
Finish	0.20	0:54	4:30	6	0:10	33	0:20	18.50	1:19:53	4:19	1	-	12	20:17