



17. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 16.04.2022

Detailed evaluation

Soppart, Daniel

Club: Stadtilm
 Number: 339

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M40 (40-44 Jahre)

Total time: 1:23:30

Speed: 12.93 km/h
 Running performance: 4:31 min/km

Rank in course/Total: 18 (of 75)

Rank in course/Men: 18 (of 57)

Best time in course: 59:36

Rank in category: 6(of 9)

Best time in the category: 1:08:24

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	41:21	4:26	6	7:41	18	11:26	9.30	41:21	4:26	10	7:41	58	11:26
Runde	9.00	41:27	4:36	6	7:23	17	12:20	18.30	1:22:48	4:31	10	15:04	57	23:46
Finish	0.20	0:42	3:29	2	0:02	8	0:08	18.50	1:23:30	4:30	6	15:06	18	23:54