



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Soppart, Daniel

Total time: 1:19:08

Number: 325

Speed: 13.65 km/h

Running performance: 4:17 min/km

Course: 18.50 km

Rank in course/Total: 13 (of 116)

Lange Strecke

Rank in course/Men: 12 (of 94)

Category:

Best time in course: 1:06:23

Senioren M40 (40-44)

Rank in category: 5(of 23)

Best time in the category: 1:11:23

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
Runde	9.30	39:21	4:13	6	5:03	14	6:36	9.30	39:21	4:13	6	5:03	14	6:36
Runde	9.00	39:05	4:20	5	3:35	12	6:06	18.30	1:18:26	4:17	5	7:45	12	12:42
Finish	0.20	0:42	3:29	2	0:03	5	0:03	18.50	1:19:08	4:16	5	7:45	12	12:45