



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kopp, Matthias

Total time: 1:22:53

Number: 290

Speed: 13.03 km/h

Running performance: 4:29 min/km

Course: 18.50 km

Rank in course/Total: 25 (of 116)

Lange Strecke

Rank in course/Men: 24 (of 94)

Best time in course: 1:06:23

Category:

Rank in category: 4(of 10)

Senioren M45 (45-49)

Best time in the category: 1:18:13

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	39:59	4:17	3	2:08	18	7:14	9.30	39:59	4:17	3	2:08	18	7:14
Runde	9.00	41:58	4:39	4	3:28	26	8:59	18.30	1:21:57	4:28	4	4:31	24	16:13
Finish	0.20	0:56	4:39	8	0:17	62	0:17	18.50	1:22:53	4:28	4	4:40	24	16:30