



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. | 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 |