



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hopfer, Hendrik

Total time: 1:26:53

Number: 283

Speed: 12.43 km/h

Running performance: 4:42 min/km

Course: 18.50 km

Rank in course/Total: 29 (of 116)

Lange Strecke

Rank in course/Men: 28 (of 94)

Category:

Best time in course: 1:06:23

Senioren M40 (40-44)

Rank in category: 12(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	44:16	4:45	13	9:58	36	11:31	9.30	44:16	4:45	13	9:58	36	11:31
Runde	9.00	41:47	4:38	11	6:17	25	8:48	18.30	1:26:03	4:42	12	15:22	28	20:19
Finish	0.20	0:50	4:10	13	0:11	31	0:11	18.50	1:26:53	4:41	12	15:30	28	20:30