



18. Ilmenauer Osterlauf
 Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Hopf, Sven

Club: München
 Number: 350

Course: 18.50 km
 Lange Strecke

Category:
 Senioren M45 (45-49)

Total time: 1:31:10

Speed: 11.85 km/h
 Running performance: 4:56 min/km

Rank in course/Total: 43 (of 116)

Rank in course/Men: 40 (of 94)

Best time in course: 1:06:23

Rank in category: 7(of 10)

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	48:17	5:11	8	10:26	55	15:32	9.30	48:17	5:11	8	10:26	55	15:32
Runde	9.00	42:06	4:40	5	3:36	27	9:07	18.30	1:30:23	4:56	7	12:57	40	24:39
Finish	0.20	0:47	3:54	3	0:08	22	0:08	18.50	1:31:10	4:55	7	12:57	40	24:47