



18. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 08.04.2023

Detailed evaluation

Kopplin, Danny

Club: SV08 Oehrenstock e.V.
Number: 349

Course: 18.50 km
Lange Strecke

Category:
Senioren M40 (40-44)

Total time: 2:07:29

Speed: 8.71 km/h
Running performance: 6:53 min/km

Rank in course/Total: 111 (of 116)

Rank in course/Men: 89 (of 94)

Best time in course: 1:06:23

Rank in category: 21(of 23)

Best time in the category: 1:11:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	9.30	1:02:32	6:43	22	28:14	91	29:47	9.30	1:02:32	6:43	22	28:14	91	29:47
Runde	9.00	1:03:51	7:05	21	28:21	89	30:52	18.30	2:06:23	6:54	21	55:42	89	1:00:39
Finish	0.20	1:06	5:30	21	0:27	82	0:27	18.50	2:07:29	6:53	21	56:06	89	1:01:06