



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

**Kopp, Matthias**

Club: Jena

Number: 39

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:20:00

Speed: 13.50 km/h

Running performance: 4:19 min/km

Rank in course/Total: 26 (of 126)

Rank in course/Men: 25 (of 109)

Best time in course: 1:04:23

Rank in category: 5(of 18)

Best time in the category: 1:08:26