



## 6. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau-Heyda / 11.04.2009

### Detailed evaluation

**Kopp, Matthias**

Club: Jena

Number: 532

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:16:56

Speed: 14.04 km/h

Running performance: 4:10 min/km

Rank in course/Total: 20 (of 158)

Rank in course/Men: 19 (of 131)

Best time in course: 1:06:39

Rank in category: 3(of 9)

Best time in the category: 1:06:39