



7. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 03.04.2010

Detailed evaluation

Kopp, Matthias

Club: Jena

Number: 352

Course: 18.50 km

Lange Strecke

Category:

Männer M30

Total time: 1:15:24

Speed: 14.32 km/h

Running performance: 4:05 min/km

Rank in course/Total: 27 (of 158)

Rank in course/Men: 27 (of 137)

Best time in course: 1:05:08

Rank in category: 7(of 16)

Best time in the category: 1:07:34