



## 36. Alteburglauf 2014

Arnstadt / 30.04.2014

### Detailed evaluation

**Kopp, Matthias**

Club: Jena

Number: 404

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:34

Speed: 14.79 km/h

Running performance: 4:04 min/km

Rank in course/Total: 8 (of 133)

Rank in course/Men: 8 (of 104)

Best time in course: 37:28

Rank in category: 3(of 15)

Best time in the category: 37:53