



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

Kopp, Matthias

Club: Jena

Number: 396

Course: 18.50 km

Lange Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:15:14

Speed: 14.36 km/h

Running performance: 4:04 min/km

Rank in course/Total: 19 (of 189)

Rank in course/Men: 19 (of 155)

Best time in course: 1:04:57

Rank in category: 3(of 19)

Best time in the category: 1:09:23