



# Frühjahrs-cross im Steigerwald

Erfurt / 17.03.2018

## Detailed evaluation

**Kopprasch, Jens**

Club: SRLV

Number: 1475

Course: 8.00 km

8km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:31

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 8 (of 25)

Rank in course/Men: 8 (of 20)

Best time in course: 36:10

Rank in category: 4(of 7)

Best time in the category: 36:10