



5. Ilmenauer Osterlauf
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 253

Course: 9.30 km
Kurze Strecke

Category:
Männer M40

Total time: 41:22

Speed: 13.05 km/h
Running performance: 4:27 min/km

Rank in course/Total: 36 (of 190)

Rank in course/Men: 34 (of 137)

Best time in course: 30:56

Rank in category: 5(of 24)

Best time in the category: 33:07