



30. Silberberglauf Möhrenbach  
Möhrenbach/ Thüringen / 17.04.2010

Detailed evaluation

**Köhler, Jens**

Club: Lok Arnstadt  
Number: 297

Course: 19.00 km  
Großer Lauf

Category:  
Männer M40

Total time: 1:26:09

Speed: 13.23 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 18 (of 50)

Rank in course/Men: 18 (of 46)

Best time in course: 1:11:53

Rank in category: 6(of 11)

Best time in the category: 1:18:06