



8. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 23.04.2011

Detailed evaluation

**Köhler, Jens**

Club: LSV LOK Arnstadt  
Number: 141

Course: 9.30 km  
Kurze Strecke

Category:  
Männer M40

Total time: 47:44

Speed: 11.31 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 134 (of 307)

Rank in course/Men: 118 (of 222)

Best time in course: 31:22

Rank in category: 15(of 23)

Best time in the category: 34:11