



9. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 07.04.2012

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 257

Course: 9.30 km
Kurze Strecke

Category:
Männer M45

Total time: 39:45

Speed: 13.58 km/h
Running performance: 4:16 min/km

Rank in course/Total: 41 (of 307)

Rank in course/Men: 40 (of 223)

Best time in course: 32:03

Rank in category: 7(of 32)

Best time in the category: 35:48