



32. Silberberglauf
Möhrenbach/ Thüringen / 05.05.2012

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 796

Course: 19.00 km
Großer Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:22:50

Speed: 13.76 km/h
Running performance: 4:22 min/km

Rank in course/Total: 9 (of 26)

Rank in course/Men: 9 (of 22)

Best time in course: 1:12:58

Rank in category: 3(of 7)

Best time in the category: 1:20:03