



34. Silberberglauf 2014
Möhrenbach/ Thüringen / 03.05.2014

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 303

Course: 19.00 km
Großer Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:24:21

Speed: 13.52 km/h
Running performance: 4:26 min/km

Rank in course/Total: 15 (of 52)

Rank in course/Men: 14 (of 42)

Best time in course: 1:10:35

Rank in category: 3(of 5)

Best time in the category: 1:14:34