



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Köhler, Jens**

Club: Nordhausen  
Number: 226

Course: 3.30 km  
1 Runde 3,3 km

Category:  
Senioren M45

Total time: 18:47

Speed: 9.58 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 51 (of 97)

Rank in course/Men: 38 (of 57)

Best time in course: 12:25

Rank in category: 4(of 4)

Best time in the category: 13:06