



Nordhäuser Citylauf  
Nordhausen / 21.09.2014

## Detailed evaluation

**Köhler, Jens**

Club: Nordhausen  
Number: 57

Course: 1.10 km  
Jedermannlauf

Category:  
Senioren M45

Total time: 6:37

Speed: 9.07 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 62 (of 108)

Rank in course/Men: 37 (of 58)

Best time in course: 4:09

Rank in category: 1(of 2)

Best time in the category: 6:37