



12. Ilmenauer Osterlauf
Ilmenau, Ortsteil Heyda / 04.04.2015

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 398

Course: 18.50 km
Lange Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:23:59

Speed: 12.86 km/h
Running performance: 4:32 min/km

Rank in course/Total: 45 (of 168)

Rank in course/Men: 44 (of 146)

Best time in course: 1:06:05

Rank in category: 6(of 23)

Best time in the category: 1:13:59