



13. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 26.03.2016

Detailed evaluation

**Köhler, Jens**

Club: LSV Lok Arnstadt  
Number: 395

Course: 18.50 km  
Lange Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:28:14

Speed: 12.24 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 76 (of 189)

Rank in course/Men: 73 (of 155)

Best time in course: 1:04:57

Rank in category: 14(of 26)

Best time in the category: 1:11:11