



16. Ilmenauer Osterlauf  
Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

**Köhler, Jens**

Club: Lauffreud Plau  
Number: 102

Course: 9.30 km  
Kurze Strecke

Category:  
Senioren M50 (50-54 Jahre)

Total time: 45:09

Speed: 11.96 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 60 (of 321)

Rank in course/Men: 54 (of 189)

Best time in course: 32:19

Rank in category: 5(of 22)

Best time in the category: 37:22