



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Bode, Vanessa**

Club: Luisenthaler SV

Number: 303

Course: 3.00 km

3 km-Lauf

Category:

S 11 weiblich

Total time: 14:33

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 1 (of 18)

Rank in course/Women: 1 (of 9)

Best time in course: 14:33

Rank in category: 1(of 2)

Best time in the category: 14:33