



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Herrmann, Monique**

Club: Laufftreff Arnstadt

Number: 192

Course: 12.00 km

12 km-Lauf

Category:

Frauen W30

Total time: 1:03:33

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 66 (of 186)

Rank in course/Women: 4 (of 32)

Best time in course: 57:24

Rank in category: 2(of 4)

Best time in the category: 59:33