



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt

Number: 191

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:03:39

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 67 (of 186)

Rank in course/Men: 63 (of 154)

Best time in course: 47:00

Rank in category: 10(of 16)

Best time in the category: 47:46