



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Ambrosius, Johannes

Club: Rohda Werkstatt

Number: 156

Course: 12.00 km

12 km-Lauf

Category:

Männer M30

Total time: 1:04:37

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 74 (of 186)

Rank in course/Men: 69 (of 154)

Best time in course: 47:00

Rank in category: 7(of 13)

Best time in the category: 48:31