



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt

Number: 17

Course: 12.00 km

12 km-Lauf

Category:

Männer M30

Total time: 1:06:22

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 89 (of 186)

Rank in course/Men: 81 (of 154)

Best time in course: 47:00

Rank in category: 9(of 13)

Best time in the category: 48:31