



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Herda, Uwe**

Club: Wölfis

Number: 178

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 1:06:26

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 90 (of 186)

Rank in course/Men: 82 (of 154)

Best time in course: 47:00

Rank in category: 18(of 28)

Best time in the category: 54:58