



24. Ohratalsperrenlauf  
Luisenthal / 31.07.2010

Detailed evaluation

Amarell, Ludwig

Club: GMRL Suhl  
Number: 197

Course: 12.00 km  
12 km-Lauf

Category:  
Männer M75

Total time: 1:06:45

Speed: 10.79 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 94 (of 186)

Rank in course/Men: 86 (of 154)

Best time in course: 47:00

Rank in category: 1(of 4)

Best time in the category: 1:06:45