



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Ernst, beate

Club: sonntagsläufer

Number: 52

Course: 12.00 km

12 km-Lauf

Category:

Frauen W45

Total time: 1:07:46

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 100 (of 186)

Rank in course/Women: 10 (of 32)

Best time in course: 57:24

Rank in category: 3(of 9)

Best time in the category: 1:05:07