



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Köhler, Stefan

Club: USV Potsdam

Number: 182

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:09:07

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 109 (of 186)

Rank in course/Men: 98 (of 154)

Best time in course: 47:00

Rank in category: 14(of 16)

Best time in the category: 47:46