



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Kilb, Udo

Club: sc impuls erfurt

Number: 14

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 1:10:04

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 114 (of 186)

Rank in course/Men: 103 (of 154)

Best time in course: 47:00

Rank in category: 22(of 28)

Best time in the category: 54:58