



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

Urban, Ralf

Club: Partyservice Urban

Number: 140

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:11:27

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 122 (of 186)

Rank in course/Men: 110 (of 154)

Best time in course: 47:00

Rank in category: 15(of 16)

Best time in the category: 47:46