



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Lange, Heiko

Club: LV Bärenfang

Number: 211

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 1:12:54

Speed: 9.88 km/h

Running performance: 6:05 min/km

Rank in course/Total: 131 (of 186)

Rank in course/Men: 117 (of 154)

Best time in course: 47:00

Rank in category: 23(of 28)

Best time in the category: 54:58