



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Dehmel, Gerhard

Club: THWV Ilmenau

Number: 149

Course: 12.00 km

12 km-Lauf

Category:

Männer M70

Total time: 1:13:10

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 134 (of 186)

Rank in course/Men: 120 (of 154)

Best time in course: 47:00

Rank in category: 3(of 6)

Best time in the category: 1:06:15