



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Henkel, Uwe**

Club: SV Thuringia Königsee

Number: 78

Course: 12.00 km

12 km-Lauf

Category:

Männer M55

Total time: 1:13:57

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 139 (of 186)

Rank in course/Men: 124 (of 154)

Best time in course: 47:00

Rank in category: 9(of 11)

Best time in the category: 57:30