



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Knoll, Michael**

Club: LG Bad Frankenhausen

Number: 125

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 1:15:30

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 148 (of 186)

Rank in course/Men: 133 (of 154)

Best time in course: 47:00

Rank in category: 25(of 28)

Best time in the category: 54:58