



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Rögner, Ilva

Club: Bad SLZ

Number: 210

Course: 12.00 km

12 km-Lauf

Category:

Frauen W45

Total time: 1:21:20

Speed: 8.85 km/h

Running performance: 6:47 min/km

Rank in course/Total: 165 (of 186)

Rank in course/Women: 23 (of 32)

Best time in course: 57:24

Rank in category: 6(of 9)

Best time in the category: 1:05:07