



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

Schack, Dirk

Club: Ruhla

Number: 146

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:23:36

Speed: 8.61 km/h

Running performance: 6:58 min/km

Rank in course/Total: 171 (of 186)

Rank in course/Men: 147 (of 154)

Best time in course: 47:00

Rank in category: 16(of 16)

Best time in the category: 47:46