



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

Ludwig, Katrin

Club: Räuberläufer

Number: 152

Course: 12.00 km

12 km-Lauf

Category:

Frauen W40

Total time: 1:25:55

Speed: 8.38 km/h

Running performance: 7:10 min/km

Rank in course/Total: 176 (of 186)

Rank in course/Women: 28 (of 32)

Best time in course: 57:24

Rank in category: 8(of 8)

Best time in the category: 1:02:11