



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Metz, Karin**

Club: Spargelläufer Herbsleben

Number: 25

Course: 12.00 km

12 km-Lauf

Category:

Frauen W55

Total time: 1:28:13

Speed: 8.16 km/h

Running performance: 7:21 min/km

Rank in course/Total: 179 (of 186)

Rank in course/Women: 31 (of 32)

Best time in course: 57:24

Rank in category: 1(of 1)

Best time in the category: 1:28:13