



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

#### Steuding, Andreas

Club: Luisenthaler SV

Number: 316

Course: 3.00 km

3 km-Lauf

Category:

Männer M35

Total time: 29:53

Speed: 6.02 km/h

Running performance: 9:58 min/km

Rank in course/Total: 17 (of 18)

Rank in course/Men: 9 (of 9)

Best time in course: 15:01

Rank in category: 1(of 1)

Best time in the category: 29:53