



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Karwinkel, Helmut**

Club: LV Oelde

Number: 200

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 47:46

Speed: 15.07 km/h

Running performance: 3:59 min/km

Rank in course/Total: 2 (of 186)

Rank in course/Men: 2 (of 154)

Best time in course: 47:00

Rank in category: 1(of 16)

Best time in the category: 47:46