



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Fök, Sören**

Club: Sportteam Steinbach

Number: 217

Course: 12.00 km

12 km-Lauf

Category:

Männer M20

Total time: 49:14

Speed: 14.62 km/h

Running performance: 4:06 min/km

Rank in course/Total: 5 (of 186)

Rank in course/Men: 5 (of 154)

Best time in course: 47:00

Rank in category: 2(of 18)

Best time in the category: 47:00