



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Unruh, Manuel

Club: TV 03 Breitenbach

Number: 81

Course: 12.00 km

12 km-Lauf

Category:

Männer M35

Total time: 53:06

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 13 (of 186)

Rank in course/Men: 13 (of 154)

Best time in course: 47:00

Rank in category: 3(of 14)

Best time in the category: 49:18