



24. Ohratalsperrenlauf
Luisenthal / 31.07.2010

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich
Number: 88

Course: 12.00 km
12 km-Lauf

Category:
Männer M40

Total time: 54:23

Speed: 13.24 km/h
Running performance: 4:32 min/km

Rank in course/Total: 17 (of 186)

Rank in course/Men: 17 (of 154)

Best time in course: 47:00

Rank in category: 4(of 16)

Best time in the category: 47:46