



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Karwinkel, Justin

Club: LV Oelde

Number: 314

Course: 3.00 km

3 km-Lauf

Category:

S 11 männlich

Total time: 16:31

Speed: 10.90 km/h

Running performance: 5:31 min/km

Rank in course/Total: 7 (of 18)

Rank in course/Men: 6 (of 9)

Best time in course: 15:01

Rank in category: 2(of 2)

Best time in the category: 15:14