



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Münch, Heiko**

Club: sc impuls

Number: 10

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 56:41

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 24 (of 186)

Rank in course/Men: 24 (of 154)

Best time in course: 47:00

Rank in category: 2(of 28)

Best time in the category: 54:58