



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Abraham, Daniel**

Club: Luisenthal

Number: 212

Course: 12.00 km

12 km-Lauf

Category:

Männer M30

Total time: 57:06

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 30 (of 186)

Rank in course/Men: 30 (of 154)

Best time in course: 47:00

Rank in category: 5(of 13)

Best time in the category: 48:31