



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Banzer, Roland

Club: Jena Rad

Number: 205

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 57:39

Speed: 12.49 km/h

Running performance: 4:48 min/km

Rank in course/Total: 35 (of 186)

Rank in course/Men: 34 (of 154)

Best time in course: 47:00

Rank in category: 4(of 28)

Best time in the category: 54:58