



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Becher, Ronald

Club: Isseroda

Number: 145

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 58:00

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 36 (of 186)

Rank in course/Men: 35 (of 154)

Best time in course: 47:00

Rank in category: 5(of 28)

Best time in the category: 54:58