



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Messing, Wolfgang

Club: VV Germania 83

Number: 184

Course: 12.00 km

12 km-Lauf

Category:

Männer M55

Total time: 58:36

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 39 (of 186)

Rank in course/Men: 38 (of 154)

Best time in course: 47:00

Rank in category: 2(of 11)

Best time in the category: 57:30