



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Beck, Ronald**

Club: Gotha

Number: 207

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 59:29

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 45 (of 186)

Rank in course/Men: 44 (of 154)

Best time in course: 47:00

Rank in category: 7(of 28)

Best time in the category: 54:58