



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Birkner, Jan

Number: 686

Course: 12.30 km
12 km-Lauf

Category:
Männer M45

Total time: 1:05:13

Speed: 11.04 km/h

Running performance: 5:18 min/km

Rank in course/Total: 74 (of 146)

Rank in course/Men: 68 (of 122)

Best time in course: 46:47

Rank in category: 16(of 30)

Best time in the category: 48:04