



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Ten Doornkaat, Jan

Club: Wir tun es laufend

Number: 713

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 1:07:30

Speed: 10.67 km/h

Running performance: 5:29 min/km

Rank in course/Total: 97 (of 146)

Rank in course/Men: 89 (of 122)

Best time in course: 46:47

Rank in category: 23(of 30)

Best time in the category: 48:04