



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

HERDA, UWE

Number: 740

Course: 12.30 km
12 km-Lauf

Category:
Männer M45

Total time: 1:09:53

Speed: 10.30 km/h

Running performance: 5:41 min/km

Rank in course/Total: 108 (of 146)

Rank in course/Men: 97 (of 122)

Best time in course: 46:47

Rank in category: 25(of 30)

Best time in the category: 48:04