



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Stefan, Köhler

Club: USV Potsdam

Number: 704

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 1:11:12

Speed: 10.11 km/h

Running performance: 5:47 min/km

Rank in course/Total: 114 (of 146)

Rank in course/Men: 101 (of 122)

Best time in course: 46:47

Rank in category: 26(of 30)

Best time in the category: 48:04