



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Lange, Heiko

Club: Rennsteiglaufverein LG Bärenfang

Number: 753

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 1:13:01

Speed: 9.86 km/h

Running performance: 5:56 min/km

Rank in course/Total: 121 (of 146)

Rank in course/Men: 107 (of 122)

Best time in course: 46:47

Rank in category: 28(of 30)

Best time in the category: 48:04