



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha

Number: 624

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 57:53

Speed: 12.44 km/h

Running performance: 4:43 min/km

Rank in course/Total: 23 (of 146)

Rank in course/Men: 23 (of 122)

Best time in course: 46:47

Rank in category: 5(of 30)

Best time in the category: 48:04