



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Frank, Jörg

Club: Tambach-Dietharz

Number: 674

Course: 12.30 km

12 km-Lauf

Category:

Männer M40

Total time: 58:23

Speed: 12.33 km/h

Running performance: 4:45 min/km

Rank in course/Total: 30 (of 146)

Rank in course/Men: 30 (of 122)

Best time in course: 46:47

Rank in category: 5(of 15)

Best time in the category: 56:24