



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Thomas, Frank

Club: 1988 SV 1865 Piesau

Number: 648

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 59:42

Speed: 12.06 km/h

Running performance: 4:51 min/km

Rank in course/Total: 37 (of 146)

Rank in course/Men: 37 (of 122)

Best time in course: 46:47

Rank in category: 8(of 30)

Best time in the category: 48:04