



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Rudorf, H.-Joachim

Club: FSV Meuselwitz

Number: 678

Course: 12.30 km

12 km-Lauf

Category:

Männer M55

Total time: 1:00:12

Speed: 11.96 km/h

Running performance: 4:53 min/km

Rank in course/Total: 40 (of 146)

Rank in course/Men: 40 (of 122)

Best time in course: 46:47

Rank in category: 2(of 8)

Best time in the category: 58:43