



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Gräf, Thomas

Club: Kaltensundheim

Number: 620

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 1:01:25

Speed: 11.72 km/h

Running performance: 4:59 min/km

Rank in course/Total: 48 (of 146)

Rank in course/Men: 47 (of 122)

Best time in course: 46:47

Rank in category: 10(of 30)

Best time in the category: 48:04