



25. Ohratalsperrenlauf

Luisenthal / 30.07.2011

Detailed evaluation

Dell, Uwe

Club: Hörselberg-Hainich

Number: 693

Course: 12.30 km

12 km-Lauf

Category:

Männer M45

Total time: 1:01:56

Speed: 11.63 km/h

Running performance: 5:02 min/km

Rank in course/Total: 53 (of 146)

Rank in course/Men: 51 (of 122)

Best time in course: 46:47

Rank in category: 11(of 30)

Best time in the category: 48:04