



26. Ohratalsperrenlauf  
Luisenthal / 28.07.2012

Detailed evaluation

Lange, Heiko

Club: GutsMuths Rennsteiglaufverein  
Number: 866

Course: 12.30 km  
12 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:08

Speed: 10.72 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 53 (of 88)

Rank in course/Men: 49 (of 74)

Best time in course: 50:35

Rank in category: 7(of 9)

Best time in the category: 53:02