



## 27. Ohratalsperrenlauf

Luisenthal / 27.07.2013

### Detailed evaluation

**Rambow, Sascha**

Club: Commerzbank Erfurt

Number: 7

Course: 12.30 km

12 km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:47

Speed: 10.47 km/h

Running performance: 5:35 min/km

Rank in course/Total: 31 (of 78)

Rank in course/Men: 29 (of 66)

Best time in course: 47:25

Rank in category: 7(of 9)

Best time in the category: 55:57