



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

#### Kühnpast, Frank

Club: Saalfelder LV

Number: 67

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:05:06

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 79 (of 186)

Rank in course/Men: 73 (of 154)

Best time in course: 47:00

Rank in category: 11 (of 16)

Best time in the category: 47:46