



24. Ohratalsperrenlauf  
Luisenthal / 31.07.2010

Detailed evaluation

Karwinkel, Laura

Club: LV Oelde  
Number: 315

Course: 3.00 km  
3 km-Lauf

Category:  
S 10 weiblich

Total time: 18:22

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 13 (of 18)

Rank in course/Women: 6 (of 9)

Best time in course: 14:33

Rank in category: 1(of 1)

Best time in the category: 18:22