



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Trubjanski, Heiko

Club: Luisenthal

Number: 159

Course: 12.00 km

12 km-Lauf

Category:

Männer M40

Total time: 1:08:29

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 104 (of 186)

Rank in course/Men: 94 (of 154)

Best time in course: 47:00

Rank in category: 12 (of 16)

Best time in the category: 47:46