



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Beutel, Steffen

Club: Post SV Nürnberg

Number: 185

Course: 12.00 km

12 km-Lauf

Category:

Männer M45

Total time: 1:09:54

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 113 (of 186)

Rank in course/Men: 102 (of 154)

Best time in course: 47:00

Rank in category: 21 (of 28)

Best time in the category: 54:58