



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Ambrosius, Stefan

Club: Berlstedt

Number: 154

Course: 12.00 km

12 km-Lauf

Category:

Männer M60

Total time: 1:13:31

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 136 (of 186)

Rank in course/Men: 122 (of 154)

Best time in course: 47:00

Rank in category: 10 (of 15)

Best time in the category: 59:46