



24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

Detailed evaluation

Bielesch, Nikolaus

Club: 1. PMSC Erfurt e.V. i. ADAC

Number: 53

Course: 12.00 km

12 km-Lauf

Category:

Männer M65

Total time: 1:18:07

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 156 (of 186)

Rank in course/Men: 138 (of 154)

Best time in course: 47:00

Rank in category: 3 (of 5)

Best time in the category: 1:10:24