



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Hecht, Heike**

Club: Spargelläufer Herbsleben

Number: 23

Course: 12.00 km

12 km-Lauf

Category:

Frauen W45

Total time: 1:27:34

Speed: 8.22 km/h

Running performance: 7:18 min/km

Rank in course/Total: 178 (of 186)

Rank in course/Women: 30 (of 32)

Best time in course: 57:24

Rank in category: 8 (of 9)

Best time in the category: 1:05:07