



## 24. Ohratalsperrenlauf

Luisenthal / 31.07.2010

### Detailed evaluation

**Spantig, Jörg**

Club: LTV Erfurt

Number: 141

Course: 12.00 km

12 km-Lauf

Category:

Männer M35

Total time: 59:04

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 41 (of 186)

Rank in course/Men: 40 (of 154)

Best time in course: 47:00

Rank in category: 5 (of 14)

Best time in the category: 49:18