



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Pokahr, Viola

Club: Tabbs Vital
Number: 710

Course: 11.30 km
2. Lauf Langdistanz

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:22:15

Speed: 8.02 km/h
Running performance: 7:17 min/km

Rank in course/Total: 79 (of 80)
Rank in course/Women: 15 (of 16)
Best time in course: 48:19

Rank in category: 3(of 4)
Best time in the category: 52:57