



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

**Pokahr, Viola**

Club: TABBS Vital  
Number: 779

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:20:58

Speed: 8.15 km/h  
Running performance: 7:10 min/km

Rank in course/Total: 57 (of 57)  
Rank in course/Women: 14 (of 14)  
Best time in course: 47:50

Rank in category: 3(of 3)  
Best time in the category: 1:06:31