



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Zoske, Manfred

Club: LC Bad Arolsen
Number: 57

Course: 10.00 km
10 km Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 45:58

Speed: 13.05 km/h
Running performance: 4:36 min/km

Rank in course/Total: 31 (of 60)

Rank in course/Men: 30 (of 44)

Best time in course: 35:30

Rank in category: 1(of 1)

Best time in the category: 45:58