



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Seibel, Carsten

Club: TSV Schmillinghausen

Number: 34

Course: 10.00 km

10 km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 36 (of 60)

Rank in course/Men: 34 (of 44)

Best time in course: 35:30

Rank in category: 4(of 4)

Best time in the category: 35:30