



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Gröticke, Carola

Club: TSV Schmillinghausen  
Number: 946

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 48:25

Speed: 12.39 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 37 (of 60)

Rank in course/Women: 3 (of 16)

Best time in course: 43:07

Rank in category: 2(of 4)

Best time in the category: 43:07