



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

**Strasen, Uwe**

Club: TSV Berndorf  
Number: 72

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:38

Speed: 12.34 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 18 (of 60)

Rank in course/Men: 35 (of 44)

Best time in course: 35:30

Rank in category: 13(of 16)

Best time in the category: 36:33