



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Fröhlich, Iris

Club: TSV Schmillinghausen

Number: 943

Course: 10.00 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 49:00

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 41 (of 60)

Rank in course/Women: 5 (of 16)

Best time in course: 43:07

Rank in category: 1(of 4)

Best time in the category: 49:00