



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Ruhwedel, Ulrike

Club: SV Blau-Weiß Dodenhausen  
Number: 954

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 50:12

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 43 (of 60)  
Rank in course/Women: 6 (of 16)  
Best time in course: 43:07

Rank in category: 1(of 3)  
Best time in the category: 50:12