



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