



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Messerli, Silvia

Club: TSV Schmillinghausen
Number: 949

Course: 10.00 km
10 km Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 51:26

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 47 (of 60)
Rank in course/Women: 8 (of 16)
Best time in course: 43:07

Rank in category: 3(of 4)
Best time in the category: 43:07