



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Lamperski, Jean

Club: TSV Korbach

Number: 58

Course: 10.00 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 51:51

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 48 (of 60)

Rank in course/Women: 9 (of 16)

Best time in course: 43:07

Rank in category: 2(of 4)

Best time in the category: 49:00