



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Kalkhake, Mihaela

Club: LT Medebach

Number: 90

Course: 10.00 km

10 km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:27

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 51 (of 60)

Rank in course/Women: 11 (of 16)

Best time in course: 43:07

Rank in category: 3(of 4)

Best time in the category: 49:00