



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Lasota, Stefan

Club: Semper FI

Number: 44

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:30

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 54 (of 60)

Rank in course/Men: 42 (of 44)

Best time in course: 35:30

Rank in category: 16(of 16)

Best time in the category: 36:33