



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Emden, Christa

Number: 61

Course: 10.00 km
10 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:05

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 55 (of 60)

Rank in course/Women: 13 (of 16)

Best time in course: 43:07

Rank in category: 3(of 3)

Best time in the category: 50:12