



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Heßler, Hans - Jürgen

Club: Reha Aktiv Stadt Allendorf  
Number: 66

Course: 10.00 km  
10 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:06

Speed: 10.70 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 56 (of 60)

Rank in course/Men: 43 (of 44)

Best time in course: 35:30

Rank in category: 3(of 3)

Best time in the category: 40:39