



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Jäger, Michael

Club: SV Dodenhäusen  
Number: 412

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 19:09

Speed: 15.67 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 8 (of 59)

Rank in course/Men: 8 (of 41)

Best time in course: 16:25

Rank in category: 1(of 4)

Best time in the category: 19:09