



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Lichte, Markus

Club: LT Medebach
Number: 422

Course: 5.00 km
5 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 19:37

Speed: 15.29 km/h
Running performance: 3:55 min/km

Rank in course/Total: 10 (of 59)

Rank in course/Men: 10 (of 41)

Best time in course: 16:25

Rank in category: 2(of 3)

Best time in the category: 17:44