



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Ponert, Holger

Club: LC Bad Arolsen  
Number: 415

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 20:26

Speed: 14.68 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 11 (of 59)

Rank in course/Men: 11 (of 41)

Best time in course: 16:25

Rank in category: 1(of 1)

Best time in the category: 20:26