



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Schäfer, Jan Henrik

Club: TSV Vöhl

Number: 6

Course: 5.00 km

5 km Lauf

Category:

Männer (20-29 Jahre)

Total time: 21:19

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 13 (of 59)

Rank in course/Men: 13 (of 41)

Best time in course: 16:25

Rank in category: 3(of 4)

Best time in the category: 16:25