



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Theis, Harald

Club: TSV Sachsenhausen  
Number: 408

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 21:37

Speed: 13.88 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 15 (of 59)

Rank in course/Men: 14 (of 41)

Best time in course: 16:25

Rank in category: 2(of 4)

Best time in the category: 19:09