



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Koppe, Sabine

Club: SV Buchenberg
Number: 407

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 22:07

Speed: 13.56 km/h
Running performance: 4:25 min/km

Rank in course/Total: 16 (of 59)

Rank in course/Women: 2 (of 18)

Best time in course: 21:25

Rank in category: 1(of 2)

Best time in the category: 22:07