



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Knauff, Bernd

Club: SC Neukirchen
Number: 409

Course: 5.00 km
5 km Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 22:11

Speed: 13.52 km/h
Running performance: 4:26 min/km

Rank in course/Total: 17 (of 59)

Rank in course/Men: 15 (of 41)

Best time in course: 16:25

Rank in category: 1(of 5)

Best time in the category: 22:11