



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Kindel, Olaf

Club: TSV Meininghausen
Number: 965

Course: 5.00 km
5 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:26

Speed: 13.37 km/h
Running performance: 4:29 min/km

Rank in course/Total: 18 (of 59)

Rank in course/Men: 16 (of 41)

Best time in course: 16:25

Rank in category: 3(of 4)

Best time in the category: 19:09