



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Horsel, Lisa

Club: LG Eder  
Number: 404

Course: 5.00 km  
5 km Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 22:42

Speed: 13.22 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 19 (of 59)  
Rank in course/Women: 3 (of 18)  
Best time in course: 21:25

Rank in category: 1(of 3)  
Best time in the category: 22:42