



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Koch, Matthias

Club: Ellershausen  
Number: 967

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 23:09

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 20 (of 59)

Rank in course/Men: 17 (of 41)

Best time in course: 16:25

Rank in category: 1(of 2)

Best time in the category: 23:09