



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Plener, Andreas

Club: TV Jahn Willingen

Number: 402

Course: 5.00 km

5 km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:24

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 23 (of 59)

Rank in course/Men: 18 (of 41)

Best time in course: 16:25

Rank in category: 2(of 2)

Best time in the category: 19:04