



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Jackowski, Martin

Club: LT Medebach  
Number: 962

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 24:27

Speed: 12.27 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 26 (of 59)

Rank in course/Men: 21 (of 41)

Best time in course: 16:25

Rank in category: 3(of 3)

Best time in the category: 17:44