



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

**Paland, Manuel**

Club: SV Herzhausen  
Number: 421

Course: 5.00 km  
5 km Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 25:05

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 28 (of 59)

Rank in course/Men: 22 (of 41)

Best time in course: 16:25

Rank in category: 4(of 8)

Best time in the category: 17:35