



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Grabaz, Monika

Club: TV Lelbach
Number: 419

Course: 5.00 km
5 km Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 25:15

Speed: 11.88 km/h
Running performance: 5:03 min/km

Rank in course/Total: 30 (of 59)
Rank in course/Women: 8 (of 18)
Best time in course: 21:25

Rank in category: 2(of 4)
Best time in the category: 24:29