



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Schölzchen, Frank

Club: Rotenburg  
Number: 970

Course: 5.00 km  
5 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 28:20

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 44 (of 59)

Rank in course/Men: 32 (of 41)

Best time in course: 16:25

Rank in category: 4(of 4)

Best time in the category: 19:09