



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Arndt, Helmut

Club: FSK Lohfelden
Number: 87

Course: 5.00 km
5 km Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 28:36

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 46 (of 59)

Rank in course/Men: 34 (of 41)

Best time in course: 16:25

Rank in category: 2(of 2)

Best time in the category: 19:12