



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

**Schmidt, Heike**

Club: Getfit-Tri-Team Burgwald  
Number: 75

Course: 5.00 km  
5 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 34:40

Speed: 8.65 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 53 (of 59)  
Rank in course/Women: 17 (of 18)  
Best time in course: 21:25

Rank in category: 1(of 1)  
Best time in the category: 34:40