



20. Vöhler Abendlauf  
Vöhl / 30.04.2013

Detailed evaluation

Jackowski, Luisa

Club: LT Medebach  
Number: 101

Course: 2.00 km  
Schülerlauf lang

Category:  
weibliche Jugend U14 (12-13 Jahre)

Total time: 9:31

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 15 (of 18)

Rank in course/Women: 4 (of 6)

Best time in course: 8:08

Rank in category: 4(of 6)

Best time in the category: 8:08