



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Paulus, Ralf

Club: SV Dodenhausen
Number: 96

Course: 10.00 km
10 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 36:44

Speed: 16.33 km/h
Running performance: 3:40 min/km

Rank in course/Total: 4 (of 60)

Rank in course/Men: 4 (of 44)

Best time in course: 35:30

Rank in category: 2(of 16)

Best time in the category: 36:33