



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Emden, Heinrich

Number: 60

Course: 10.00 km
10 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 22 (of 60)

Rank in course/Men: 22 (of 44)

Best time in course: 35:30

Rank in category: 4(of 5)

Best time in the category: 36:02