



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Cronan, Bernd

Club: TSV Ernsthausen

Number: 69

Course: 10.00 km

10 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 28 (of 60)

Rank in course/Men: 27 (of 44)

Best time in course: 35:30

Rank in category: 12(of 16)

Best time in the category: 36:33