



20. Vöhler Abendlauf
Vöhl / 30.04.2013

Detailed evaluation

Gehrmann, Christian

Club: TSV Schmillinghausen

Number: 944

Course: 10.00 km

10 km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:40

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 29 (of 60)

Rank in course/Men: 28 (of 44)

Best time in course: 35:30

Rank in category: 5(of 5)

Best time in the category: 36:02