



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

Öhl, Steffen

Club: TV Mühlhausen  
Number: 254

Course: 10.00 km  
10,0 km Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 48:50

Speed: 12.29 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 7 (of 12)

Rank in course/Men: 6 (of 11)

Best time in course: 40:03

Rank in category: 2(of 2)

Best time in the category: 44:54