



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

Öhl, Hartmut

Club: TV Mühlhausen  
Number: 255

Course: 10.00 km  
10,0 km Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 54:54

Speed: 10.93 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 11 (of 12)

Rank in course/Men: 10 (of 11)

Best time in course: 40:03

Rank in category: 3(of 4)

Best time in the category: 47:41