



## 13. Slusialauf 2011 "Zur Eisernen Hand"

Schleusingen / 08.05.2011

### Detailed evaluation

**Heinze, Sebastian**

Club: SV Werra 07

Number: 365

Course: 15.80 km

Hauptlauf

Category:

Männer M20

Total time: 1:06:36

Speed: 13.51 km/h

Running performance: 4:13 min/km

Rank in course/Total: 5 (of 83)

Rank in course/Men: 5 (of 65)

Best time in course: 1:00:49

Rank in category: 1(of 13)

Best time in the category: 1:06:36