



13. Slusialauf 2011 "Zur Eisernen Hand"

Schleusingen / 08.05.2011

Detailed evaluation

Fratzscher, Uwe

Club: Schleusingen

Number: 359

Course: 15.80 km

Hauptlauf

Category:

Männer M45

Total time: 1:16:17

Speed: 11.80 km/h

Running performance: 4:50 min/km

Rank in course/Total: 18 (of 83)

Rank in course/Men: 16 (of 65)

Best time in course: 1:00:49

Rank in category: 2(of 6)

Best time in the category: 1:03:15