



## 13. Slusialauf 2011 "Zur Eisernen Hand"

Schleusingen / 08.05.2011

### Detailed evaluation

Lautensack, Jan

Club: SV 07 Milz

Number: 346

Course: 15.80 km

Hauptlauf

Category:

Männer M35

Total time: 1:17:54

Speed: 11.55 km/h

Running performance: 4:56 min/km

Rank in course/Total: 24 (of 83)

Rank in course/Men: 22 (of 65)

Best time in course: 1:00:49

Rank in category: 5(of 12)

Best time in the category: 1:03:52