



13. Slusialauf 2011 "Zur Eisernen Hand"

Schleusingen / 08.05.2011

Detailed evaluation

Röhrig, Silvio

Club: Bischofrod

Number: 350

Course: 15.80 km

Hauptlauf

Category:

Männer M40

Total time: 1:21:54

Speed: 10.99 km/h

Running performance: 5:11 min/km

Rank in course/Total: 30 (of 83)

Rank in course/Men: 27 (of 65)

Best time in course: 1:00:49

Rank in category: 5(of 11)

Best time in the category: 1:10:24