



## 13. Slusialauf 2011 "Zur Eisernen Hand"

Schleusingen / 08.05.2011

### Detailed evaluation

**Knüpper, Jörg**

Club: TBB Suhl/Meinigen

Number: 326

Course: 15.80 km

Hauptlauf

Category:

Männer M45

Total time: 1:28:44

Speed: 10.14 km/h

Running performance: 5:37 min/km

Rank in course/Total: 51 (of 83)

Rank in course/Men: 47 (of 65)

Best time in course: 1:00:49

Rank in category: 5(of 6)

Best time in the category: 1:03:15