



## 14. Slusialauf "Zur Eisernen Hand"

Schleusingen / 29.04.2012

### Detailed evaluation

**Dömning, Olaf**

Club: SV Werra 07 Hildburghausen

Number: 330

Course: 16.50 km

Hauptlauf

Category:

Männer M40

Total time: 1:12:27

Speed: 13.25 km/h

Running performance: 4:23 min/km

Rank in course/Total: 9 (of 79)

Rank in course/Men: 9 (of 66)

Best time in course: 1:02:52

Rank in category: 2(of 14)

Best time in the category: 1:12:08