



14. Slusialauf "Zur Eisernen Hand"

Schleusingen / 29.04.2012

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig

Number: 311

Course: 16.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:21:35

Speed: 11.77 km/h

Running performance: 4:56 min/km

Rank in course/Total: 27 (of 79)

Rank in course/Men: 25 (of 66)

Best time in course: 1:02:52

Rank in category: 5(of 11)

Best time in the category: 1:02:52