



## 14. Slusialauf "Zur Eisernen Hand"

Schleusingen / 29.04.2012

### Detailed evaluation

Lange, Heiko

Club: Rennsteiglaufverein

Number: 368

Course: 16.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:25:42

Speed: 11.55 km/h

Running performance: 5:11 min/km

Rank in course/Total: 38 (of 79)

Rank in course/Men: 35 (of 66)

Best time in course: 1:02:52

Rank in category: 7(of 11)

Best time in the category: 1:02:52