



## 14. Slusialauf "Zur Eisernen Hand"

Schleusingen / 29.04.2012

### Detailed evaluation

**Spanaus, Ina**

Club: Schleusingen

Number: 319

Course: 16.50 km

Hauptlauf

Category:

Frauen W45

Total time: 1:35:48

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 59 (of 79)

Rank in course/Women: 9 (of 13)

Best time in course: 1:17:43

Rank in category: 2(of 2)

Best time in the category: 1:35:24