



## 14. Slusialauf "Zur Eisernen Hand"

Schleusingen / 29.04.2012

### Detailed evaluation

**Heinze, Sebastian**

Club: SV Werra 07

Number: 381

Course: 16.50 km

Hauptlauf

Category:

Männer M20

Total time: 1:10:08

Speed: 14.12 km/h

Running performance: 4:15 min/km

Rank in course/Total: 6 (of 79)

Rank in course/Men: 6 (of 66)

Best time in course: 1:02:52

Rank in category: 3(of 10)

Best time in the category: 1:05:13