



15. Slusialauf 2013 \"Zur Eisernen Hand\"  
Schleusingen / 12.05.2013

Detailed evaluation

Abraham, Cornelia

Club: Medletik LT  
Number: 274

Course: 14.10 km  
Hauptlauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:19:38

Speed: 10.55 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 45 (of 55)  
Rank in course/Women: 7 (of 15)  
Best time in course: 1:06:50

Rank in category: 2(of 2)  
Best time in the category: 1:09:26