



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

Detailed evaluation

Jacob, Helene

Club: sv rotterode  
Number: 255

Course: 21.10 km  
Halbmarathon

Category:  
Frauen (20-29 Jahre)

Total time: 1:37:39

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 7 (of 33)  
Rank in course/Women: 1 (of 5)  
Best time in course: 1:37:39

Rank in category: 1(of 1)  
Best time in the category: 1:37:39