



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

Detailed evaluation

Hellmuth, Uwe

Club: -

Number: 244

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:41:28

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 9 (of 33)

Rank in course/Men: 8 (of 28)

Best time in course: 1:25:25

Rank in category: 3(of 7)

Best time in the category: 1:26:22