



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

Detailed evaluation

Thomas, Frank

Club: LAV Saale-Rennsteig
Number: 298

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:49:01

Speed: 11.56 km/h
Running performance: 5:10 min/km

Rank in course/Total: 17 (of 33)

Rank in course/Men: 16 (of 28)

Best time in course: 1:25:25

Rank in category: 5(of 7)

Best time in the category: 1:26:22