



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

Detailed evaluation

Koch, Heike

Club: TSSC Erfurt  
Number: 295

Course: 21.10 km  
Halbmarathon

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 2:02:08

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 28 (of 33)

Rank in course/Women: 3 (of 5)

Best time in course: 1:37:39

Rank in category: 1(of 1)

Best time in the category: 2:02:08