



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

Detailed evaluation

Spanaus, Ina

Club: Schleusingen
Number: 253

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:09:08

Speed: 9.76 km/h
Running performance: 6:07 min/km

Rank in course/Total: 29 (of 33)

Rank in course/Women: 4 (of 5)

Best time in course: 1:37:39

Rank in category: 1(of 2)

Best time in the category: 2:09:08