



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

Detailed evaluation

Schmidt, Andreas

Club: LG-Süd Rennsteiglaufverein  
Number: 419

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 56:24

Speed: 14.89 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 5 (of 55)

Rank in course/Men: 5 (of 40)

Best time in course: 53:44

Rank in category: 2(of 7)

Best time in the category: 54:41