



15. Slusialauf 2013 \"Zur Eisernen Hand\"

Schleusingen / 12.05.2013

Detailed evaluation

Dömming, Olaf

Club: SV -Werra 07

Number: 394

Course: 14.10 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:14

Speed: 14.42 km/h

Running performance: 4:08 min/km

Rank in course/Total: 7 (of 55)

Rank in course/Men: 7 (of 40)

Best time in course: 53:44

Rank in category: 2(of 6)

Best time in the category: 53:44