



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

Detailed evaluation

Keiderling, Benjamin

Club: SV RRS

Number: 271

Course: 14.10 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:04:36

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 15 (of 55)

Rank in course/Men: 15 (of 40)

Best time in course: 53:44

Rank in category: 5(of 6)

Best time in the category: 55:02