



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

Detailed evaluation

Winkler, Heinz-Jörg

Club: Nofretete e.v.  
Number: 402

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:05:39

Speed: 12.80 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 17 (of 55)

Rank in course/Men: 17 (of 40)

Best time in course: 53:44

Rank in category: 1(of 4)

Best time in the category: 1:05:39