



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

Detailed evaluation

Grundmann, Stefan

Club: WSSV Suhl 1990 e.V.  
Number: 256

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:06:40

Speed: 12.69 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 20 (of 55)

Rank in course/Men: 20 (of 40)

Best time in course: 53:44

Rank in category: 3(of 8)

Best time in the category: 53:46