



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

Detailed evaluation

Michaelis, Cornelia

Club: SV Bergdorf Höhn  
Number: 275

Course: 14.10 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:06:50

Speed: 12.57 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 21 (of 55)  
Rank in course/Women: 1 (of 15)  
Best time in course: 1:06:50

Rank in category: 1(of 3)  
Best time in the category: 1:06:50