



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

Detailed evaluation

**Röhrig, Silvio**

Club: Bischofrod  
Number: 261

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:09:00

Speed: 12.17 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 22 (of 55)

Rank in course/Men: 21 (of 40)

Best time in course: 53:44

Rank in category: 4(of 7)

Best time in the category: 54:41