



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

Detailed evaluation

Beck, Matthias

Club: Fit by Schmitt  
Number: 396

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:09:06

Speed: 12.16 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 23 (of 55)

Rank in course/Men: 22 (of 40)

Best time in course: 53:44

Rank in category: 2(of 4)

Best time in the category: 1:05:39