



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

Detailed evaluation

Freimann, Christian

Club: LG Naked Woodrunners
Number: 415

Course: 14.10 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:49

Speed: 12.12 km/h
Running performance: 4:57 min/km

Rank in course/Total: 25 (of 55)

Rank in course/Men: 23 (of 40)

Best time in course: 53:44

Rank in category: 4(of 8)

Best time in the category: 53:46