



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

Detailed evaluation

Kramer, Bärbel

Club: TSV 1860 Römhild  
Number: 278

Course: 14.10 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:12:34

Speed: 11.58 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 34 (of 55)  
Rank in course/Women: 4 (of 15)  
Best time in course: 1:06:50

Rank in category: 2(of 3)  
Best time in the category: 1:11:16