



18. Slusialauf  
Schleusingen / 08.05.2016

Detailed evaluation

**Grell, Matthias**

Club: RunningBros Coburg  
Number: 8

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:42:01

Speed: 12.41 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 8 (of 25)

Rank in course/Men: 8 (of 24)

Best time in course: 1:24:44

Rank in category: 1(of 2)

Best time in the category: 1:42:01