



18. Slusialauf  
Schleusingen / 08.05.2016

## Detailed evaluation

Lange, Heiko

Club: Lauffreunde Matheo  
Number: 207

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:51:43

Speed: 11.33 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 16 (of 25)

Rank in course/Men: 16 (of 24)

Best time in course: 1:24:44

Rank in category: 2(of 3)

Best time in the category: 1:37:36