



18. Slusialauf
Schleusingen / 08.05.2016

Detailed evaluation

Arndt, Jörg

Club: LG Frauenwald
Number: 218

Course: 14.10 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:25

Speed: 14.73 km/h
Running performance: 4:04 min/km

Rank in course/Total: 4 (of 66)

Rank in course/Men: 4 (of 52)

Best time in course: 51:20

Rank in category: 1(of 8)

Best time in the category: 57:25