



## 19. Slusialauf 2017 „Zur Eisernen Hand“

Schleusingen / 07.05.2017

### Detailed evaluation

**Manik, Gritt**

Club: Röhmhild

Number: 393

Course: 14.10 km

Hauptlauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:17:59

Speed: 10.77 km/h

Running performance: 5:32 min/km

Rank in course/Total: 31 (of 51)

Rank in course/Women: 7 (of 17)

Best time in course: 1:07:40

Rank in category: 2(of 4)

Best time in the category: 1:07:40