



## 19. Slusialauf 2017 „Zur Eisernen Hand“

Schleusingen / 07.05.2017

### Detailed evaluation

**Lange, Heiko**

Club: viba ausschütz

Number: 390

Course: 21.10 km

Halbmarathon

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:55:31

Speed: 10.96 km/h

Running performance: 5:28 min/km

Rank in course/Total: 12 (of 26)

Rank in course/Men: 12 (of 24)

Best time in course: 1:29:24

Rank in category: 2(of 3)

Best time in the category: 1:29:24