



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Michaelis, Cornelia

Club: SV Bergdorf Höhn
Number: 42

Course: 14.10 km
Hauptlauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:42

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 11 (of 55)
Rank in course/Women: 1 (of 16)
Best time in course: 1:03:42

Rank in category: 1(of 2)
Best time in the category: 1:03:42

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Waldhaus	1.20	4:54	4:05	1	-	2	0:01	1.20	4:54	4:05	1	-	1	-
Dreiherrenstein	2.60	14:59	5:45	1	-	2	0:30	3.80	19:53	5:13	1	-	1	-
Finish	10.30	43:49	4:15	1	-	1	-	14.10	1:03:42	4:31	1	-	1	-