



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Holland, Stephan

Club: WTA Suhl  
Number: 156

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:52

Speed: 13.04 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 12 (of 55)

Rank in course/Men: 11 (of 39)

Best time in course: 52:46

Rank in category: 2(of 7)

Best time in the category: 53:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Waldhaus	1.20	5:13	4:20	3	0:49	18	0:49	1.20	5:13	4:20	2	0:49	21		
Dreiherrenstein	2.60	14:48	5:41	2	2:27	12	2:31	3.80	20:01	5:16	2	3:16	21		
Finish	10.30	44:51	4:21	2	7:47	11	8:46	14.10	1:04:52	4:36	2	11:03	11	12:06	