



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Sieder, Rene

Club: Bieberau
Number: 170

Course: 14.10 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:05:32

Speed: 12.82 km/h
Running performance: 4:39 min/km

Rank in course/Total: 15 (of 55)

Rank in course/Men: 13 (of 39)

Best time in course: 52:46

Rank in category: 3(of 7)

Best time in the category: 1:03:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Waldhaus	1.20	4:54	4:05	1	-	12	0:30	1.20	4:54	4:05	1	-	30	
Dreiherrenstein	2.60	14:33	5:35	1	-	10	2:16	3.80	19:27	5:07	3		33	
Finish	10.30	46:05	4:28	4	2:13	18	10:00	14.10	1:05:32	4:38	3	1:55	13	12:46