



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Röhrig, Silvio

Club: Bischofrod
Number: 197

Course: 14.10 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:06:14

Speed: 12.68 km/h
Running performance: 4:42 min/km

Rank in course/Total: 18 (of 55)

Rank in course/Men: 16 (of 39)

Best time in course: 52:46

Rank in category: 4(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.	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	5:01	4:10	3	0:07	15	0:37	1.20	5:01	4:10	4	0:07	36	
Dreiherrnstein	2.60	15:31	5:58	5	0:58	19	3:14	3.80	20:32	5:24	4	0:47	36	
Finish	10.30	45:42	4:26	3	1:50	14	9:37	14.10	1:06:14	4:41	4	2:37	16	13:28