



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Sauerteig, Jens

Club: Schalkau
Number: 199

Course: 14.10 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:07:02

Speed: 12.53 km/h
Running performance: 4:45 min/km

Rank in course/Total: 21 (of 55)

Rank in course/Men: 19 (of 39)

Best time in course: 52:46

Rank in category: 3(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	5:14	4:21	4	0:50	19	0:50	1.20	5:14	4:21	3	0:50	39	
Dreiherrenstein	2.60	15:31	5:58	3	3:10	19	3:14	3.80	20:45	5:27	3	4:00	11	
Finish	10.30	46:17	4:29	3	9:13	19	10:12	14.10	1:07:02	4:45	3	13:13	19	14:16