



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Heim, Torsten

Club: Hildburghausen  
Number: 31

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:08:08

Speed: 12.33 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 23 (of 55)

Rank in course/Men: 21 (of 39)

Best time in course: 52:46

Rank in category: 3(of 3)

Best time in the category: 52:46

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	5:26	4:31	3	1:02	24	1:02	1.20	5:26	4:31	3	1:02	2		
Dreiherrnstein	2.60	15:37	6:00	3	3:20	21	3:20	3.80	21:03	5:32	3	4:22	2		
Finish	10.30	47:05	4:34	3	11:00	21	11:00	14.10	1:08:08	4:49	3	15:22	21	15:22	