



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen
Number: 192

Course: 14.10 km
Hauptlauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:09:50

Speed: 12.11 km/h
Running performance: 4:57 min/km

Rank in course/Total: 28 (of 55)
Rank in course/Women: 3 (of 16)
Best time in course: 1:03:42

Rank in category: 1(of 5)
Best time in the category: 1:09:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Waldhaus	1.20	5:34	4:38	3	0:07	7	0:41	1.20	5:34	4:38	1	-	3	0:40
Dreiherrenstein	2.60	16:46	6:26	2	0:40	5	2:17	3.80	22:20	5:52	1	-	3	2:27
Finish	10.30	47:30	4:36	1	-	3	3:41	14.10	1:09:50	4:57	1	-	3	6:08