



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Schrader, Lutz

Club: Nahetal-Waldau
Number: 46

Course: 14.10 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:16:08

Speed: 11.03 km/h
Running performance: 5:24 min/km

Rank in course/Total: 40 (of 55)

Rank in course/Men: 33 (of 39)

Best time in course: 52:46

Rank in category: 6(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	5:44	4:46	6	1:20	30	1:20	1.20	5:44	4:46	6	1:20	1	-
Dreiherrenstein	2.60	17:30	6:43	6	5:09	31	5:13	3.80	23:14	6:06	6	6:29	14	
Finish	10.30	52:54	5:08	6	15:50	32	16:49	14.10	1:16:08	5:23	6	22:19	33	23:22