



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Unger, Volker

Club: Albrechts  
Number: 178

Course: 14.10 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:17:21

Speed: 10.86 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 41 (of 55)

Rank in course/Men: 34 (of 39)

Best time in course: 52:46

Rank in category: 7(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	6:25	5:20	7	1:31	37	2:01	1.20	6:25	5:20	7	1:31	15	0:41
Dreiherrenstein	2.60	17:57	6:54	7	3:24	35	5:40	3.80	24:22	6:24	7	4:37	15	1:07
Finish	10.30	52:59	5:08	7	9:07	33	16:54	14.10	1:17:21	5:29	7	13:44	34	24:35