



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Trautner, Reinhold

Club: Roadrunners Forchheim
Number: 19

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:31:56

Speed: 13.71 km/h
Running performance: 4:22 min/km

Rank in course/Total: 1 (of 26)

Rank in course/Men: 1 (of 23)

Best time in course: 1:31:56

Rank in category: 1(of 4)

Best time in the category: 1:31:56

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	4:54	4:05	2	0:17	3	0:17	1.20	4:54	4:05	3	-	10	-
Dreiherrnstein	2.60	13:45	5:17	2	0:11	2	0:11	3.80	18:39	4:54	1	-	13	-
Eiserne Hand	10.20	45:42	4:28	1	-	1	-	14.00	1:04:21	4:35	1	-	12	-
Finish	7.10	27:35	3:53	1	-	1	-	21.10	1:31:56	4:21	1	-	1	-