



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Dreier, Jan

Club: WSV Oberhof  
Number: 152

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:34:26

Speed: 13.34 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 2 (of 26)

Rank in course/Men: 2 (of 23)

Best time in course: 1:31:56

Rank in category: 2(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Waldhaus	1.20	4:37	3:50	1	-	1	-	1.20	4:37	3:50	2		8	
Dreiherrenstein	2.60	13:34	5:13	1	-	1	-	3.80	18:11	4:47	2		23	
Eiserne Hand	10.20	46:04	4:30	2	0:22	2	0:22	14.00	1:04:15	4:35	2		20	
Finish	7.10	30:11	4:15	3	2:36	6	2:36	21.10	1:34:26	4:28	2	2:30	2	2:30