



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Westhäuser, Horst

Club: SVEK Veilsdorf
Number: 193

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:35:08

Speed: 13.24 km/h
Running performance: 4:31 min/km

Rank in course/Total: 4 (of 26)

Rank in course/Men: 4 (of 23)

Best time in course: 1:31:56

Rank in category: 1(of 5)

Best time in the category: 1:35:08

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	4:42	3:55	1	-	2	0:05	1.20	4:42	3:55	2	-	9	
Dreiherrnstein	2.60	14:09	5:26	1	-	4	0:35	3.80	18:51	4:57	1	-	21	
Eiserne Hand	10.20	47:32	4:39	1	-	5	1:50	14.00	1:06:23	4:44	1	-	19	
Finish	7.10	28:45	4:02	1	-	3	1:10	21.10	1:35:08	4:30	1	-	4	3:12