



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Barnikol, Andreas

Club: SV Schichtshöhn
Number: 1

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:36:21

Speed: 13.08 km/h
Running performance: 4:34 min/km

Rank in course/Total: 5 (of 26)

Rank in course/Men: 5 (of 23)

Best time in course: 1:31:56

Rank in category: 3(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	5:06	4:15	3	0:29	6	0:29	1.20	5:06	4:15	1	-	7	
Dreiherrenstein	2.60	14:02	5:23	3	0:28	3	0:28	3.80	19:08	5:02	3	0:29	20	
Eiserne Hand	10.20	47:22	4:38	3	1:40	3	1:40	14.00	1:06:30	4:45	3	2:09	18	
Finish	7.10	29:51	4:12	2	2:16	4	2:16	21.10	1:36:21	4:33	3	4:25	5	4:25