



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Cipura, Monika

Club: Das Erlebnislaf-Team  
Number: 24

Course: 14.10 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:29:12

Speed: 9.42 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 50 (of 55)  
Rank in course/Women: 11 (of 16)  
Best time in course: 1:03:42

Rank in category: 5(of 5)  
Best time in the category: 1:09:50

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Waldhaus	1.20	7:10	5:58	4	1:43	11	2:17	1.20	7:10	5:58	4	1:36	9	2:16
Dreiherrenstein	2.60	20:29	7:52	5	4:23	11	6:00	3.80	27:39	7:16	5	5:19	11	7:46
Finish	10.30	1:01:33	5:58	5	14:03	11	17:44	14.10	1:29:12	6:19	5	19:22	11	25:30