



16. Slusialauf  
Schleusingen / 04.05.2014

Detailed evaluation

Fischer, Sebastian

Club: Schleusingen  
Number: 166

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:39:40

Speed: 12.64 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 6 (of 26)

Rank in course/Men: 6 (of 23)

Best time in course: 1:31:56

Rank in category: 1(of 3)

Best time in the category: 1:39:40

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	5:40	4:43	2	0:35	12	1:03	1.20	5:40	4:43	2	0:35	13	0:14
Dreiherrenstein	2.60	14:58	5:45	1	-	6	1:24	3.80	20:38	5:25	1	-	19	
Eiserne Hand	10.20	49:04	4:48	1	-	6	3:22	14.00	1:09:42	4:58	3		22	
Finish	7.10	29:58	4:13	1	-	5	2:23	21.10	1:39:40	4:43	1	-	6	7:44