



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Cipura, Michael

Club: Das Erlebnislaf-Team
Number: 4

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:45:36

Speed: 11.93 km/h
Running performance: 5:00 min/km

Rank in course/Total: 9 (of 26)

Rank in course/Men: 9 (of 23)

Best time in course: 1:31:56

Rank in category: 4(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	5:40	4:43	4	1:03	12	1:03	1.20	5:40	4:43	4	0:34	13	0:14
Dreiherrnstein	2.60	15:30	5:57	4	1:56	8	1:56	3.80	21:10	5:34	4	2:31	15	
Eiserne Hand	10.20	53:51	5:16	4	8:09	10	8:09	14.00	1:15:01	5:21	4	10:40	15	
Finish	7.10	30:35	4:18	4	3:00	8	3:00	21.10	1:45:36	5:00	4	13:40	9	13:40