



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Hench, Michael

Club: Das Erlebnislaf-Team
Number: 8

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:45:36

Speed: 11.99 km/h
Running performance: 5:00 min/km

Rank in course/Total: 10 (of 26)

Rank in course/Men: 9 (of 23)

Best time in course: 1:31:56

Rank in category: 2(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	5:40	4:43	4	0:58	12	1:03	1.20	5:40	4:43	4	0:21	13	0:14
Dreiherrnstein	2.60	15:34	5:59	2	1:25	10	2:00	3.80	21:14	5:35	2	2:23	14	
Eiserne Hand	10.20	53:52	5:16	2	6:20	11	8:10	14.00	1:15:06	5:21	2	8:43	14	
Finish	7.10	30:30	4:17	2	1:45	7	2:55	21.10	1:45:36	5:00	2	10:28	9	13:40