



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Dreßel, Tobias

Club: Das Erlebnislaf-Team
Number: 6

Course: 21.10 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:53:01

Speed: 11.15 km/h
Running performance: 5:22 min/km

Rank in course/Total: 14 (of 26)

Rank in course/Men: 14 (of 23)

Best time in course: 1:31:56

Rank in category: 3(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.	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	16:12	6:13	3	1:14	13	2:38	3.80	21:52	5:45	3	1:14	10	0:29
Eiserne Hand	10.20	56:20	5:31	3	7:16	13	10:38	14.00	1:18:12	5:35	2	4:37	10	2:43
Finish	7.10	34:49	4:54	3	4:51	16	7:14	21.10	1:53:01	5:21	3	13:21	14	21:05