



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Von Nordheim, Burkhard

Club: SC Motor Zella-Mehlis
Number: 204

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:54:54

Speed: 11.02 km/h
Running performance: 5:27 min/km

Rank in course/Total: 18 (of 26)

Rank in course/Men: 17 (of 23)

Best time in course: 1:31:56

Rank in category: 4(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.	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	5:19	4:25	2	0:37	7	0:42	1.20	5:19	4:25	1	-	3	
Dreiherrnstein	2.60	16:46	6:26	4	2:37	15	3:12	3.80	22:05	5:48	4	3:14	7	0:42
Eiserne Hand	10.20	56:45	5:33	4	9:13	15	11:03	14.00	1:18:50	5:37	4	12:27	7	3:21
Finish	7.10	36:04	5:04	4	7:19	18	8:29	21.10	1:54:54	5:26	4	19:46	17	22:58