



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Sauerbrey, Klaus

Club: Lebenshilfe Suhl
Number: 221

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:08:40

Speed: 9.84 km/h
Running performance: 6:06 min/km

Rank in course/Total: 21 (of 26)

Rank in course/Men: 20 (of 23)

Best time in course: 1:31:56

Rank in category: 5(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Waldhaus	1.20	6:45	5:37	5	21	2:03	2:08	1.20	6:45	5:37	5	21	1:26	1:19
Dreiherrnstein	2.60	19:11	7:22	5	20	5:02	5:37	3.80	25:56	6:49	5	4	7:05	4:33
Eiserne Hand	10.20	1:04:15	6:17	5	20	16:43	18:33	14.00	1:30:11	6:26	5	4	23:48	14:42
Finish	7.10	38:29	5:25	5	20	9:44	10:54	21.10	2:08:40	6:05	5	20	33:32	36:44