



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Spanaus, Ina

Club: Schleusingen
Number: 183

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:08:50

Speed: 9.78 km/h
Running performance: 6:07 min/km

Rank in course/Total: 22 (of 26)

Rank in course/Women: 2 (of 3)

Best time in course: 1:54:07

Rank in category: 2(of 3)

Best time in the category: 1:54:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Waldhaus	1.20	6:09	5:07	2	0:18	2	0:18	1.20	6:09	5:07	1	-	1	-
Dreiherrenstein	2.60	18:19	7:02	2	1:47	2	1:47	3.80	24:28	6:26	2	2:05	2	2:05
Eiserne Hand	10.20	1:04:28	6:19	2	6:34	2	6:34	14.00	1:28:56	6:21	2	8:39	2	8:39
Finish	7.10	39:54	5:37	2	6:04	2	6:04	21.10	2:08:50	6:06	2	14:43	2	14:43