



16. Slusialauf
Schleusingen / 04.05.2014

Detailed evaluation

Vater, Christian

Club: Rennsteiglaufverein
Number: 216

Course: 14.10 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:02:04

Speed: 13.63 km/h
Running performance: 4:24 min/km

Rank in course/Total: 7 (of 55)

Rank in course/Men: 7 (of 39)

Best time in course: 52:46

Rank in category: 3(of 7)

Best time in the category: 57:43

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	4:53	4:04	3	0:25	9	0:29	1.20	4:53	4:04	3	0:25	27		
Dreiherrenstein	2.60	14:02	5:23	3	0:46	7	1:45	3.80	18:55	4:58	3	1:11	27		
Finish	10.30	43:09	4:11	3	3:10	7	7:04	14.10	1:02:04	4:24	3	4:21	7	9:18	