



17. Slusialauf
Schleusingen / 26.04.2015

Detailed evaluation

Heinze, Sebastian

Club: TV 1848 Coburg
Number: 404

Course: 21.10 km
Halbmarathon

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:28:43

Speed: 14.20 km/h
Running performance: 4:12 min/km

Rank in course/Total: 2 (of 27)

Rank in course/Men: 2 (of 22)

Best time in course: 1:26:52

Rank in category: 1(of 2)

Best time in the category: 1:28:43

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
Start Bergsprint	3.40	15:06	4:26	1	-	2	0:06	3.40	15:06	4:26	1	-	2	0:06
Ziel Bergsprint	0.40	1:59	4:57	1	-	5	0:18	3.80	17:05	4:29	1	-	2	0:22
Finish	17.30	1:11:38	4:08	1	-	2	1:29	21.10	1:28:43	4:12	1	-	2	1:51