



17. Slusialauf
Schleusingen / 26.04.2015

Detailed evaluation

Usbeck, Steffen

Club: Floh-Seligenthal
Number: 422

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:45:11

Speed: 11.98 km/h
Running performance: 4:59 min/km

Rank in course/Total: 10 (of 27)

Rank in course/Men: 9 (of 22)

Best time in course: 1:26:52

Rank in category: 2(of 7)

Best time in the category: 1:35:51

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
Start Bergsprint	3.40	17:30	5:08	2	0:49	7	2:30	3.40	17:30	5:08	2	0:49	7	2:30
Ziel Bergsprint	0.40	2:24	5:59	3	0:43	12	0:43	3.80	19:54	5:14	2	1:32	7	3:11
Finish	17.30	1:25:17	4:55	2	7:48	10	15:08	21.10	1:45:11	4:59	2	9:20	9	18:19