



17. Slusialauf  
Schleusingen / 26.04.2015

Detailed evaluation

Krüger, Lars

Club: Rennsteiglaufverein  
Number: 415

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:11:19

Speed: 9.60 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 23 (of 27)

Rank in course/Men: 21 (of 22)

Best time in course: 1:26:52

Rank in category: 3(of 3)

Best time in the category: 1:42:45

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	22:37	6:39	3	5:00	22	7:37	3.40	22:37	6:39	3	5:00	22	7:37
Ziel Bergsprint	0.40	2:38	6:34	3	0:27	15	0:57	3.80	25:15	6:38	3	5:05	20	8:32
Finish	17.30	1:46:04	6:07	3	23:29	20	35:55	21.10	2:11:19	6:13	3	28:34	21	44:27