



17. Slusialauf
Schleusingen / 26.04.2015

Detailed evaluation

Spranger, Steffen

Club: JOHO STÜBA
Number: 405

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:14:36

Speed: 9.41 km/h
Running performance: 6:23 min/km

Rank in course/Total: 24 (of 27)

Rank in course/Men: 22 (of 22)

Best time in course: 1:26:52

Rank in category: 7(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	20:29	6:01	6	3:48	16	5:29	3.40	20:29	6:01	6	3:48	16	5:29
Ziel Bergsprint	0.40	2:46	6:54	6	1:05	18	1:05	3.80	23:15	6:07	6	4:53	16	6:32
Finish	17.30	1:51:21	6:26	7	33:52	22	41:12	21.10	2:14:36	6:22	7	38:45	22	47:44