



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Nautscher-Timmermann, Dr. Stepha

Total time: 2:45:44

Club: Team Lindenapotheke MHL

Speed: 11.95 km/h

Number: 154

Running performance: 4:57 min/km

Course: 33.47 km

Rank in course/Total: 16 (of 98)

32 km Lauf

Rank in course/Men: 16 (of 82)

Best time in course: 2:14:54

Category:

Rank in category: 6(of 25)

Männer 30 bis 39 Jahre

Best time in the category: 2:14:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	26.20	2:12:14	5:02	8	25:15	19	25:15	26.20	2:12:14	5:02	20			45
Last lap Finish	5.80	33:30	5:46	5	5:35	14	5:35	33.47	2:45:44	4:57	6	30:50	16	30:50