



5. Lauf der Deutschen Einheit

Mühlhausen / 03.10.2008

Detailed evaluation

Jöck, Ralf

Club: Gutsmuts Rennsteiglaufverein
Number: 267

Course: 33.47 km
32 km Lauf

Category:
Männer 50 bis 59 Jahre

Total time: 2:51:00

Speed: 11.58 km/h
Running performance: 5:07 min/km

Rank in course/Total: 24 (of 98)

Rank in course/Men: 23 (of 82)

Best time in course: 2:14:54

Rank in category: 4(of 12)

Best time in the category: 2:34:20

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	2:15:56	5:11	4	12:34	25	28:57	26.20	2:15:56	5:11	4	12:34	73	
Last lap Finish	5.80	35:04	6:02	3	4:06	21	7:09	33.47	2:51:00	5:06	4	16:40	23	36:06