



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: 11.74 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 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 | |
| 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 | |