



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Gasa, Carola

Club: SV Mihla
Number: 260

Course: 33.47 km
32 km Lauf

Category:
Frauen 40 bis 49 Jahre

Total time: 2:52:20

Speed: 11.49 km/h
Running performance: 5:09 min/km

Rank in course/Total: 29 (of 98)
Rank in course/Women: 2 (of 16)
Best time in course: 2:46:01

Rank in category: 1(of 9)
Best time in the category: 2:52:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	26.20	2:16:23	5:12	1	-	2	4:23	26.20	2:16:23	5:12	1	-	2	4:23
Last lap Finish	5.80	35:57	6:11	1	-	2	1:56	33.47	2:52:20	5:08	1	-	2	6:19