



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Ruhland, Martin

Club: blau weiß Lengenfeld/Stein  
Number: 100

Course: 33.47 km  
32 km Lauf

Category:  
Männer 40 bis 49 Jahre

Total time: 3:03:08

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 39 (of 98)

Rank in course/Men: 37 (of 82)

Best time in course: 2:14:54

Rank in category: 14(of 30)

Best time in the category: 2:33:32

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	2:26:57	5:36	16	25:24	41	39:58	26.20	2:26:57	5:36	17	2:20	62		
Last lap Finish	5.80	36:11	6:14	10	4:37	23	8:16	33.47	3:03:08	5:28	14	29:36	37	48:14	