



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Markgraf, Karl-Heinz

Club: TSG Ruhla
Number: 200

Course: 33.47 km
32 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:05:00

Speed: 10.86 km/h
Running performance: 5:32 min/km

Rank in course/Total: 40 (of 98)

Rank in course/Men: 38 (of 82)

Best time in course: 2:14:54

Rank in category: 15(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	2:22:37	5:26	14	21:04	34	35:38	26.20	2:22:37	5:26	16			48	
Last lap Finish	5.80	42:23	7:18	23	10:49	50	14:28	33.47	3:05:00	5:31	15	31:28	38	50:06	