



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

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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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |  |