



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Romming, Nicole

Club: Fitnessoase Ohrdruf  
Number: 203

Course: 33.47 km  
32 km Lauf

Category:  
Frauen 30 bis 39 Jahre

Total time: 3:12:04

Speed: 10.46 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 49 (of 98)  
Rank in course/Women: 3 (of 16)  
Best time in course: 2:46:01

Rank in category: 2(of 5)  
Best time in the category: 2:46:01

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	2:31:20	5:46	2	19:20	3	19:20	26.20	2:31:20	5:46	2	19:20	3	19:20
Last lap Finish	5.80	40:44	7:01	2	6:43	3	6:43	33.47	3:12:04	5:44	2	26:03	3	26:03