



## 5. Lauf der Deutschen Einheit

Mühlhausen / 03.10.2008

### Detailed evaluation

Eltahir, Achmed

Club: SLG Bad Langensalza

Number: 278

Course: 33.47 km

32 km Lauf

Category:

Männer 40 bis 49 Jahre

Total time: 3:15:00

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course/Total: 53 (of 98)

Rank in course/Men: 51 (of 82)

Best time in course: 2:14:54

Rank in category: 22(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. | 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       | 2:34:10       | 5:53            | 21          | 32:37          | 51         | 47:11         | 26.20       | 2:34:10       | 5:53            | 9           | 9:33           | 8          | 3:03          |
| Last lap Finish | 5.80        | 40:50         | 7:02            | 19          | 9:16           | 44         | 12:55         | 33.47       | 3:15:00       | 5:49            | 21          | 41:28          | 50         | 1:00:06       |