



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Gerlach, Astrid

Club: Creuzburg
Number: 198

Course: 33.47 km
32 km Lauf

Category:
Frauen 30 bis 39 Jahre

Total time: 3:15:45

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 55 (of 98)
Rank in course/Women: 4 (of 16)
Best time in course: 2:46:01

Rank in category: 3(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	2:33:12	5:50	3	21:12	4	21:12	26.20	2:33:12	5:50	3	21:12	4	21:12
Last lap Finish	5.80	42:33	7:20	3	8:32	6	8:32	33.47	3:15:45	5:50	3	29:44	4	29:44