



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Seckel, Silvia

Club: Erfurt Nord  
Number: 153

Course: 33.47 km  
32 km Lauf

Category:  
Frauen 40 bis 49 Jahre

Total time: 3:23:14

Speed: 9.74 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 66 (of 98)  
Rank in course/Women: 7 (of 16)  
Best time in course: 2:46:01

Rank in category: 3(of 9)  
Best time in the category: 2:52:20

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	2:38:21	6:02	3	21:58	7	26:21	26.20	2:38:21	6:02	3	21:58	7	26:21
Last lap Finish	5.80	44:53	7:44	4	8:56	9	10:52	33.47	3:23:14	6:04	3	30:54	7	37:13