



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Abe, Sandy

Club: SV Lauftreff Breitungen e.V.
Number: 1

Course: 33.47 km
32 km Lauf

Category:
Frauen 30 bis 39 Jahre

Total time: 3:25:37

Speed: 9.77 km/h
Running performance: 6:08 min/km

Rank in course/Total: 67 (of 98)
Rank in course/Women: 8 (of 16)
Best time in course: 2:46:01

Rank in category: 4(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	2:42:17	6:11	4	30:17	8	30:17	26.20	2:42:17	6:11	4	30:17	8	30:17
Last lap Finish	5.80	43:20	7:28	4	9:19	7	9:19	33.47	3:25:37	6:08	4	39:36	8	39:36