



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Stützer, Helmut

Club: Heyerode  
Number: 116

Course: 42.95 km  
42 km Lauf

Category:  
Männer 50 bis 59 Jahre

Total time: 3:37:28

Speed: 11.59 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 5 (of 46)

Rank in course/Men: 5 (of 40)

Best time in course: 3:22:32

Rank in category: 2(of 9)

Best time in the category: 3:27:03

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | 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       | 2:06:58       | 4:50            | 2           | 1:33           | 5           | 1:41:19       | 26.20         | 2:06:58       | 4:50            | 2           | 1:33           | 24         | 1:41:19       |
| Lap 2           | 9.50        | 51:19         | 5:24            | 2           | 2:58           | 8           | 6:33          | 35.70         | 2:58:17       | 4:59            | 2           | 4:31           | 23         | 18:57         |
| Last lap Finish | 6.30        | 39:11         | 6:13            | 3           | 5:54           | 11          | 6:05          | 42.95         | 3:37:28       | 5:03            | 2           | 10:25          | 5          | 14:56         |