



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Grolle, Thomas

Club: Luth. Wittenberg
Number: 38

Course: 42.95 km
42 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:42:55

Speed: 11.56 km/h
Running performance: 5:11 min/km

Rank in course/Total: 7 (of 46)

Rank in course/Men: 7 (of 40)

Best time in course: 3:22:32

Rank in category: 1(of 12)

Best time in the category: 3:42:55

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	26.20	2:09:23	4:56	1	-	7	1:43:44	26.20	2:09:23	4:56	1	-	26	1:43:44
Lap 2	9.50	54:46	5:45	6	5:00	12	10:00	35.70	3:04:09	5:09	11		37	24:49
Last lap Finish	6.30	38:46	6:09	4	2:57	10	5:40	42.95	3:42:55	5:11	1	-	7	20:23