



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Koch, Regina

Club: Hainichläufer  
Number: 64

Course: 33.47 km  
32 km Lauf

Category:  
Frauen 50 bis 59 Jahre

Total time: 3:46:33

Speed: 8.86 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 76 (of 98)  
Rank in course/Women: 11 (of 16)  
Best time in course: 2:46:01

Rank in category: 2(of 2)  
Best time in the category: 3:17:02

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	3:00:36	6:53	2	24:34	10	48:36	26.20	3:00:36	6:53	2	24:34	10	48:36
Last lap Finish	5.80	45:57	7:55	2	4:57	10	11:56	33.47	3:46:33	6:46	2	29:31	10	1:00:32