



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Heintze, Sandra

Club: Hainichläufer  
Number: 42

Course: 33.47 km  
32 km Lauf

Category:  
Frauen 30 bis 39 Jahre

Total time: 3:50:03

Speed: 8.73 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 79 (of 98)  
Rank in course/Women: 12 (of 16)  
Best time in course: 2:46:01

Rank in category: 5(of 5)  
Best time in the category: 2:46:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	26.20	3:02:33	6:58	5	50:33	12	50:33	26.20	3:02:33	6:58	5	50:33	12	50:33
Last lap Finish	5.80	47:30	8:11	5	13:29	12	13:29	33.47	3:50:03	6:52	5	1:04:02	12	1:04:02