



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Schwalb, Reinhold

Club: Ruhlkirchen  
Number: 105

Course: 42.95 km  
42 km Lauf

Category:  
Männer 40 bis 49 Jahre

Total time: 3:50:21

Speed: 10.94 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 10 (of 46)

Rank in course/Men: 10 (of 40)

Best time in course: 3:22:32

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	26.20	2:16:47	5:13	5	7:24	15	1:51:08	26.20	2:16:47	5:13	4	7:24	21	1:51:08
Lap 2	9.50	53:12	5:36	5	3:26	11	8:26	35.70	3:09:59	5:19	2	2:37	20	30:39
Last lap Finish	6.30	40:22	6:24	5	4:33	14	7:16	42.95	3:50:21	5:21	4	7:26	10	27:49