



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Weißhaar, Dirk

Club: Creuzburg  
Number: 288

Course: 42.95 km  
42 km Lauf

Category:  
Männer 30 bis 39 Jahre

Total time: 3:54:19

Speed: 10.75 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 12 (of 46)

Rank in course/Men: 12 (of 40)

Best time in course: 3:22:32

Rank in category: 3(of 10)

Best time in the category: 3:27:24

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	2:16:17	5:12	5	1:50:38	14	1:50:38	26.20	2:16:17	5:12	2	7:42	31	1:50:38
Lap 2	9.50	57:15	6:01	4	11:10	18	12:29	35.70	3:13:32	5:25	2	21:18	27	34:12
Last lap Finish	6.30	40:47	6:28	4	5:37	16	7:41	42.95	3:54:19	5:27	3	26:55	12	31:47