



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Baumgardt, Steffen

Club: Großengottern
Number: 282

Course: 33.47 km
32 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:54:46

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 86 (of 98)

Rank in course/Men: 73 (of 82)

Best time in course: 2:14:54

Rank in category: 27(of 30)

Best time in the category: 2:33:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	26.20	3:03:30	7:00	28	1:01:57	74	1:16:31	26.20	3:03:30	7:00	4	38:53	28	32:23				
Last lap Finish	5.80	51:16	8:50	27	19:42	73	23:21	33.47	3:54:46	7:00	27	1:21:14	73	1:39:52				