



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Hammer, Uta

Club: Hainich Läufer  
Number: 189

Course: 33.47 km  
32 km Lauf

Category:  
Frauen 40 bis 49 Jahre

Total time: 3:55:48

Speed: 8.40 km/h  
Running performance: 7:03 min/km

Rank in course/Total: 87 (of 98)  
Rank in course/Women: 14 (of 16)  
Best time in course: 2:46:01

Rank in category: 7(of 9)  
Best time in the category: 2:52:20

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	3:05:32	7:04	7	49:09	14	53:32	26.20	3:05:32	7:04	7	49:09	14	53:32
Last lap Finish	5.80	50:16	8:39	7	14:19	14	16:15	33.47	3:55:48	7:02	7	1:03:28	14	1:09:47