



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Szardien, Siegfried

Club: www.szardien.de
Number: 118

Course: 42.95 km
42 km Lauf

Category:
Männer 50 bis 59 Jahre

Total time: 3:56:09

Speed: 10.67 km/h
Running performance: 5:30 min/km

Rank in course/Total: 14 (of 46)

Rank in course/Men: 14 (of 40)

Best time in course: 3:22:32

Rank in category: 3(of 9)

Best time in the category: 3:27:03

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	2:18:53	5:18	3	13:28	16	1:53:14	26.20	2:18:53	5:18	3	13:28	33	1:53:14
Lap 2	9.50	54:56	5:46	3	6:35	13	10:10	35.70	3:13:49	5:25	3	20:03	29	34:29
Last lap Finish	6.30	42:20	6:43	5	9:03	19	9:14	42.95	3:56:09	5:29	3	29:06	14	33:37