



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Pohl, Wolfgang

Club: Normania Treffurt  
Number: 147

Course: 42.95 km  
42 km Lauf

Category:  
Männer 50 bis 59 Jahre

Total time: 4:07:53

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 20 (of 46)

Rank in course/Men: 20 (of 40)

Best time in course: 3:22:32

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	26.20	2:22:19	5:25	5	16:54	19	1:56:40	26.20	2:22:19	5:25	6	16:54	29	1:56:40
Lap 2	9.50	1:00:49	6:24	6	12:28	24	16:03	35.70	3:23:08	5:41	6	29:22	25	43:48
Last lap Finish	6.30	44:45	7:06	6	11:28	24	11:39	42.95	4:07:53	5:46	6	40:50	20	45:21