



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Duske, Kirsten

Club: Freienwill  
Number: 23

Course: 42.95 km  
42 km Lauf

Category:  
Frauen 30 bis 39 Jahre

Total time: 4:24:49

Speed: 9.73 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 29 (of 46)

Rank in course/Women: 2 (of 6)

Best time in course: 4:08:51

Rank in category: 2(of 3)

Best time in the category: 4:08:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	26.20	2:34:54	5:54	3	1:58:02	3	1:58:02	26.20	2:34:54	5:54	2	0:48	2	0:48
Lap 2	9.50	1:02:34	6:35	2	7:34	2	7:34	35.70	3:37:28	6:05	2	8:22	2	8:22
Last lap Finish	6.30	47:21	7:30	2	7:36	4	7:36	42.95	4:24:49	6:09	2	15:58	2	15:58