



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Ackermann, Max

Club: SV Blau-Weiß Gangloffsömmern  
Number: 2

Course: 42.95 km  
42 km Lauf

Category:  
Männer 18 bis 29 Jahre

Total time: 4:26:16

Speed: 9.46 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 30 (of 46)

Rank in course/Men: 28 (of 40)

Best time in course: 3:22:32

Rank in category: 5(of 7)

Best time in the category: 3:22:32

| 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    | 2:31:20    | 5:46         | 4           | 26:40       | 23      | 2:05:41    | 26.20         | 2:31:20    | 5:46         | 5        | 26:40       | 9       | 2:05:41    |
| Lap 2              | 9.50     | 1:03:41    | 6:42         | 4           | 18:55       | 28      | 18:55      | 35.70         | 3:35:01    | 6:01         | 4        | 45:35       | 9       | 55:41      |
| Last lap Finish    | 6.30     | 51:15      | 8:08         | 5           | 18:09       | 35      | 18:09      | 42.95         | 4:26:16    | 6:11         | 5        | 1:03:44     | 28      | 1:03:44    |