



14. Hainichlauf, 2. Wildkatzenlauf 2008

Mihla / 31.05.2008

Detailed evaluation

Jacob, Sören

Club: Gerstungen

Number: 280

Course: 13.00 km

Mittelstrecke

Category:

Männer M40

Total time: 1:03:14

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 45 (of 133)

Rank in course/Men: 43 (of 103)

Best time in course: 50:51

Rank in category: 7(of 14)

Best time in the category: 56:40

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Kontrolle	7.00	36:15	5:10	7	13:11	61	13:11	7.00	36:15	5:10	7	13:11	80	
Finish	6.00	26:59	4:29	6	1:04	38	5:54	13.00	1:03:14	4:51	7	6:34	47	17:07