



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg  
Number: 149

Course: 33.47 km  
32 km Lauf

Category:  
Männer 30 bis 39 Jahre

Total time: 2:40:29

Speed: 12.34 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 10 (of 98)

Rank in course/Men: 10 (of 82)

Best time in course: 2:14:54

Rank in category: 4(of 25)

Best time in the category: 2:14:54

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	2:07:00	4:50	4	20:01	9	20:01	26.20	2:07:00	4:50	22			51	
Last lap Finish	5.80	33:29	5:46	4	5:34	13	5:34	33.47	2:40:29	4:47	4	25:35		10	25:35