



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	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
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