



5. Lauf der Deutschen Einheit

Mühlhausen / 03.10.2008

Detailed evaluation

Koch, Thomas

Club: Uder

Number: 250

Course: 33.47 km

32 km Lauf

Category:

Männer 40 bis 49 Jahre

Total time: 2:47:07

Speed: 11.85 km/h

Running performance: 4:59 min/km

Rank in course/Total: 20 (of 98)

Rank in course/Men: 19 (of 82)

Best time in course: 2:14:54

Rank in category: 7(of 30)

Best time in the category: 2:33:32

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	2:15:33	5:10	8	14:00	24	28:34	26.20	2:15:33	5:10	24			42
Last lap Finish	5.80	31:34	5:26	1	-	5	3:39	33.47	2:47:07	4:59	7	13:35	19	32:13