



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Herms, Jörg

Club: Mühlhausen
Number: 232

Course: 33.47 km
32 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 2:51:46

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 28 (of 98)

Rank in course/Men: 27 (of 82)

Best time in course: 2:14:54

Rank in category: 9(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	2:13:23	5:05	10	26:24	23	26:24	26.20	2:13:23	5:05	17			69	
Last lap Finish	5.80	38:23	6:37	8	10:28	32	10:28	33.47	2:51:46	5:07	9	36:52	27	36:52	