



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Schlote, Frank

Club: Eisenach  
Number: 230

Course: 33.47 km  
32 km Lauf

Category:  
Männer 40 bis 49 Jahre

Total time: 3:08:59

Speed: 10.63 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 44 (of 98)

Rank in course/Men: 42 (of 82)

Best time in course: 2:14:54

Rank in category: 17(of 30)

Best time in the category: 2:33:32

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	2:28:10	5:39	17	26:37	45	41:11	26.20	2:28:10	5:39	14	3:33	30		
Last lap Finish	5.80	40:49	7:02	18	9:15	43	12:54	33.47	3:08:59	5:38	17	35:27	42	54:05	