



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Rasch, Holger

Club: SV Mihla
Number: 261

Course: 33.47 km
32 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:09:33

Speed: 10.45 km/h
Running performance: 5:40 min/km

Rank in course/Total: 45 (of 98)

Rank in course/Men: 43 (of 82)

Best time in course: 2:14:54

Rank in category: 18(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	2:31:57	5:47	19	30:24	48	44:58	26.20	2:31:57	5:47	13	7:20	16	0:50
Last lap Finish	5.80	37:36	6:28	14	6:02	30	9:41	33.47	3:09:33	5:39	18	36:01	43	54:39