



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitungen
Number: 202

Course: 33.47 km
32 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:11:23

Speed: 10.49 km/h
Running performance: 5:43 min/km

Rank in course/Total: 48 (of 98)

Rank in course/Men: 46 (of 82)

Best time in course: 2:14:54

Rank in category: 19(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	2:31:13	5:46	18	29:40	47	44:14	26.20	2:31:13	5:46	12	6:36	13	0:06
Last lap Finish	5.80	40:10	6:55	16	8:36	40	12:15	33.47	3:11:23	5:43	19	37:51	46	56:29