



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Spangenberg, Andreas

Club: Gera  
Number: 110

Course: 33.47 km  
32 km Lauf

Category:  
Männer 18 bis 29 Jahre

Total time: 3:30:41

Speed: 9.40 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 70 (of 98)

Rank in course/Men: 62 (of 82)

Best time in course: 2:14:54

Rank in category: 5(of 7)

Best time in the category: 2:25:09

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	2:42:01	6:11	5	47:08	62	55:02	26.20	2:42:01	6:11	4	38:39	34	10:54
Last lap Finish	5.80	48:40	8:23	6	19:19	68	20:45	33.47	3:30:41	6:17	5	1:05:32	62	1:15:47