



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Pide, Holger

Club: Magdeburg
Number: 300

Course: 42.95 km
42 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 3:36:59

Speed: 11.61 km/h
Running performance: 5:03 min/km

Rank in course/Total: 4 (of 46)

Rank in course/Men: 4 (of 40)

Best time in course: 3:22:32

Rank in category: 2(of 10)

Best time in the category: 3:27:24

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	2:08:35	4:54	3	1:42:56	6	1:42:56	26.20	2:08:35	4:54	1	-	23	1:42:56
Lap 2	9.50	50:14	5:17	2	4:09	5	5:28	35.70	2:58:49	5:00	9	6:35	35	19:29
Last lap Finish	6.30	38:10	6:03	2	3:00	7	5:04	42.95	3:36:59	5:03	2	9:35	4	14:27