



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Kessler, Frank

Club: Menteroda
Number: 59

Course: 42.95 km
42 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:44:08

Speed: 11.24 km/h
Running performance: 5:13 min/km

Rank in course/Total: 9 (of 46)

Rank in course/Men: 9 (of 40)

Best time in course: 3:22:32

Rank in category: 3(of 12)

Best time in the category: 3:42:55

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	2:16:15	5:12	4	6:52	13	1:50:36	26.20	2:16:15	5:12	3	6:52	28	1:50:36
Lap 2	9.50	49:46	5:14	1	-	4	5:00	35.70	3:06:01	5:12	12		38	26:41
Last lap Finish	6.30	38:07	6:03	3	2:18	6	5:01	42.95	3:44:08	5:13	3	1:13	9	21:36