



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Zscharnt, Holger

Club: Dav Inselberg
Number: 137

Course: 33.47 km
32 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 3:50:04

Speed: 8.73 km/h
Running performance: 6:52 min/km

Rank in course/Total: 80 (of 98)

Rank in course/Men: 68 (of 82)

Best time in course: 2:14:54

Rank in category: 24(of 25)

Best time in the category: 2:14:54

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	3:02:33	6:58	24	1:15:34	72	1:15:34	26.20	3:02:33	6:58	3	38:44	20	31:26
Last lap Finish	5.80	47:31	8:11	23	19:36	63	19:36	33.47	3:50:04	6:52	24	1:35:10	68	1:35:10