



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Hartmann, Norbert

Club: Menteroda
Number: 249

Course: 42.95 km
42 km Lauf

Category:
Männer 50 bis 59 Jahre

Total time: 3:57:31

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 15 (of 46)

Rank in course/Men: 15 (of 40)

Best time in course: 3:22:32

Rank in category: 4(of 9)

Best time in the category: 3:27:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	26.20	2:21:33	5:24	4	16:08	18	1:55:54	26.20	2:21:33	5:24	4	16:08	34	1:55:54
Lap 2	9.50	57:28	6:02	5	9:07	19	12:42	35.70	3:19:01	5:34	4	25:15	30	39:41
Last lap Finish	6.30	38:30	6:06	2	5:13	9	5:24	42.95	3:57:31	5:31	4	30:28	15	34:59