



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Hempel, Holger

Club: LG Kaufungen
Number: 45

Course: 33.47 km
32 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 3:59:12

Speed: 8.40 km/h
Running performance: 7:09 min/km

Rank in course/Total: 91 (of 98)

Rank in course/Men: 77 (of 82)

Best time in course: 2:14:54

Rank in category: 29(of 30)

Best time in the category: 2:33:32

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	3:04:12	7:01	29	1:02:39	76	1:17:13	26.20	3:04:12	7:01	30	39:35	82	33:05
Last lap Finish	5.80	55:00	9:28	28	23:26	78	27:05	33.47	3:59:12	7:08	29	1:25:40	77	1:44:18