



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Dienes, Kay

Club: Eisenach  
Number: 188

Course: 33.47 km  
32 km Lauf

Category:  
Männer 18 bis 29 Jahre

Total time: 4:01:49

Speed: 8.30 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 94 (of 98)

Rank in course/Men: 80 (of 82)

Best time in course: 2:14:54

Rank in category: 7(of 7)

Best time in the category: 2:25:09

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	3:08:47	7:12	7	1:13:54	79	1:21:48	26.20	3:08:47	7:12	6	1:05:25	23	37:40
Last lap Finish	5.80	53:02	9:08	7	23:41	75	25:07	33.47	4:01:49	7:13	7	1:36:40	80	1:46:55