



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Heintze, Kai

Club: Hainichläufer
Number: 43

Course: 42.95 km
42 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 4:11:21

Speed: 10.03 km/h
Running performance: 5:51 min/km

Rank in course/Total: 22 (of 46)

Rank in course/Men: 21 (of 40)

Best time in course: 3:22:32

Rank in category: 8(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	2:34:11	5:53	10	24:48	26	2:08:32	26.20	2:34:11	5:53	8	24:48	11	2:08:32
Lap 2	9.50	56:30	5:56	8	6:44	17	11:44	35.70	3:30:41	5:54	6	23:19	11	51:21
Last lap Finish	6.30	40:40	6:27	6	4:51	15	7:34	42.95	4:11:21	5:51	8	28:26	21	48:49