



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

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Club: RSC Waltershausen-Gotha e.V.
Number: 89

Course: 42.95 km
42 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 4:14:11

Speed: 9.91 km/h
Running performance: 5:55 min/km

Rank in course/Total: 24 (of 46)

Rank in course/Men: 23 (of 40)

Best time in course: 3:22:32

Rank in category: 6(of 10)

Best time in the category: 3:27:24

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	2:28:09	5:39	6	2:02:30	20	2:02:30	26.20	2:28:09	5:39	5	19:34	4	2:02:30
Lap 2	9.50	59:02	6:12	7	12:57	22	14:16	35.70	3:27:11	5:48	5	34:57	4	47:51
Last lap Finish	6.30	47:00	7:27	7	11:50	30	13:54	42.95	4:14:11	5:55	6	46:47	23	51:39