



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Sagert, Heiko

Club: PSG Johannistal
Number: 174

Course: 42.95 km
42 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 4:15:20

Speed: 9.87 km/h
Running performance: 5:56 min/km

Rank in course/Total: 25 (of 46)

Rank in course/Men: 24 (of 40)

Best time in course: 3:22:32

Rank in category: 7(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	2:35:36	5:56	8	2:09:57	30	2:09:57	26.20	2:35:36	5:56	6	27:01	5	2:09:57
Lap 2	9.50	58:29	6:09	6	12:24	21	13:43	35.70	3:34:05	5:59	6	41:51	5	54:45
Last lap Finish	6.30	41:15	6:32	5	6:05	18	8:09	42.95	4:15:20	5:56	7	47:56	24	52:48