



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Kabus, Claudius

Club: Eisenach  
Number: 280

Course: 42.95 km  
42 km Lauf

Category:  
Männer 40 bis 49 Jahre

Total time: 4:15:54

Speed: 9.85 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 26 (of 46)

Rank in course/Men: 25 (of 40)

Best time in course: 3:22:32

Rank in category: 9(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	2:28:33	5:40	7	19:10	21	2:02:54	26.20	2:28:33	5:40	9	19:10	6	2:02:54
Lap 2	9.50	1:01:25	6:27	9	11:39	25	16:39	35.70	3:29:58	5:52	7	22:36	6	50:38
Last lap Finish	6.30	45:56	7:17	9	10:07	27	12:50	42.95	4:15:54	5:57	9	32:59	25	53:22