



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

**Aßmann, Holger**

Club: Triathlon Jena  
Number: 10

Course: 42.95 km  
42 km Lauf

Category:  
Männer 50 bis 59 Jahre

Total time: 4:42:41

Speed: 8.91 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 36 (of 46)

Rank in course/Men: 32 (of 40)

Best time in course: 3:22:32

Rank in category: 8(of 9)

Best time in the category: 3:27:03

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	2:35:00	5:54	7	29:35	28	2:09:21	26.20	2:35:00	5:54	8	29:35	13	2:09:21
Lap 2	9.50	1:09:56	7:21	9	21:35	34	25:10	35.70	3:44:56	6:18	8	51:10	13	1:05:36
Last lap Finish	6.30	57:45	9:09	9	24:28	39	24:39	42.95	4:42:41	6:34	8	1:15:38	32	1:20:09