



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |