



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 171

Course: 42.95 km
42 km Lauf

Category:
Männer 30 bis 39 Jahre

Total time: 4:55:36

Speed: 8.53 km/h
Running performance: 6:53 min/km

Rank in course/Total: 40 (of 46)

Rank in course/Men: 35 (of 40)

Best time in course: 3:22:32

Rank in category: 9(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	2:48:47	6:26	9	2:23:08	34	2:23:08	26.20	2:48:47	6:26	8	40:12	16	2:23:08
Lap 2	9.50	1:13:24	7:43	9	27:19	37	28:38	35.70	4:02:11	6:47	10	1:09:57	40	1:22:51
Last lap Finish	6.30	53:25	8:28	9	18:15	36	20:19	42.95	4:55:36	6:52	9	1:28:12	35	1:33:04