



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

Iffert, Friedrich

Club: psv grün-weiß kassel  
Number: 51

Course: 42.95 km  
42 km Lauf

Category:  
Männer 60 bis 69 Jahre

Total time: 4:57:48

Speed: 8.46 km/h  
Running performance: 6:56 min/km

Rank in course/Total: 42 (of 46)

Rank in course/Men: 37 (of 40)

Best time in course: 3:22:32

Rank in category: 2(of 2)

Best time in the category: 4:53:54

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	3:11:29	7:18	2	7:44	40	2:45:50	26.20	3:11:29	7:18	2	7:44	18	2:45:50
Lap 2	9.50	1:02:05	6:32	1	-	27	17:19	35.70	4:13:34	7:06	2	6:06	16	1:34:14
Last lap Finish	6.30	44:14	7:01	1	-	22	11:08	42.95	4:57:48	6:56	2	3:54	37	1:35:16