



5. Lauf der Deutschen Einheit  
Mühlhausen / 03.10.2008

Detailed evaluation

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Club: Heiningen

Number: 21

Course: 42.95 km

42 km Lauf

Category:

Männer 30 bis 39 Jahre

Total time: 4:59:47

Speed: 8.41 km/h

Running performance: 6:59 min/km

Rank in course/Total: 43 (of 46)

Rank in course/Men: 38 (of 40)

Best time in course: 3:22:32

Rank in category: 10(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	3:02:09	6:57	10	2:36:30	35	2:36:30	26.20	3:02:09	6:57	10	53:34	40	2:36:30
Lap 2	9.50	1:09:58	7:21	8	23:53	35	25:12	35.70	4:12:07	7:03	8	1:19:53	17	1:32:47
Last lap Finish	6.30	47:40	7:33	8	12:30	32	14:34	42.95	4:59:47	6:58	10	1:32:23	38	1:37:15