



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Niller, Sebastian

Club: LG Eisfeld
Number: 256

Course: 42.95 km
42 km Lauf

Category:
Männer 18 bis 29 Jahre

Total time: 5:15:24

Speed: 8.17 km/h
Running performance: 7:20 min/km

Rank in course/Total: 46 (of 46)

Rank in course/Men: 40 (of 40)

Best time in course: 3:22:32

Rank in category: 7(of 7)

Best time in the category: 3:22:32

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	26.20	3:06:36	7:07	7	1:01:56	39	2:40:57	26.20	3:06:36	7:07	7	1:01:56	20	2:40:57
Lap 2	9.50	1:14:26	7:50	6	29:40	38	29:40	35.70	4:21:02	7:18	5	1:31:36	19	1:41:42
Last lap Finish	6.30	54:22	8:37	6	21:16	37	21:16	42.95	5:15:24	7:20	7	1:52:52	40	1:52:52