



5. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2008

Detailed evaluation

Seyfarth, Jörg

Club: SV 1918 Großengottern
Number: 281

Course: 42.95 km
42 km Lauf

Category:
Männer 40 bis 49 Jahre

Total time: 4:26:38

Speed: 9.45 km/h
Running performance: 6:13 min/km

Rank in course/Total: 31 (of 46)

Rank in course/Men: 29 (of 40)

Best time in course: 3:22:32

Rank in category: 11(of 12)

Best time in the category: 3:42:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Lap 1	26.20	2:34:43	5:54	11	25:20	27	2:09:04	26.20	2:34:43	5:54	11	25:20	10	2:09:04				
Lap 2	9.50	1:05:06	6:51	11	15:20	30	20:20	35.70	3:39:49	6:09	9	32:27	10	1:00:29				
Last lap Finish	6.30	46:49	7:25	10	11:00	29	13:43	42.95	4:26:38	6:12	11	43:43	29	1:04:06				