



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. | 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 | 2:34:43 | 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 |