



Detailed evaluation

Serikow, Sebastian

Club: Sitzweltmeister zur alten Laterne
Number: 557

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:28:42

Speed: 10.82 km/h
Running performance: 5:32 min/km

Rank in course/Total: 27 (of 304)

Rank in course/Men: 26 (of 252)

Best time in course: 1:05:10

Rank in category: 4(of 53)

Best time in the category: 1:09:26

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	
Himmelsleiter +	-	1:18	-	3	0:11	9	0:16	-	1:18	-	3	0:11	9	0:16	
Himmelsleiter +	-	3:16	-	3	0:27	20	0:44	-	4:34	-	3	0:38	10	1:00	
Nordwand + Dov	-	5:23	-	8	1:28	45	1:40	-	9:57	-	3	2:06	18	2:40	
Nordwand + Dov	-	2:10	-	29	0:54	147	1:01	-	12:07	-	5	2:50	30	3:39	
Duckmäuser Eins	-	14:05	-	3	2:47	16	3:25	-	26:12	-	4	5:37	18	6:56	
Duckmäuser Aus	-	0:27	-	17	0:10	92	0:14	-	26:39	-	5	5:43	19	7:09	
Pneumant Einstie	-	0:31	-	3	0:11	25	0:17	-	27:10	-	4	5:54	18	7:18	
Pneumant Aussti	-	0:03	-	2	0:01	4	0:02	-	27:13	-	3	5:53	15	7:15	
Heuschupfen Ei	-	9:44	-	3	1:49	21	2:25	-	36:57	-	3	7:42	15	9:40	
Heuschupfen Ai	-	0:06	-	13	0:02	50	0:02	-	37:03	-	3	7:43	15	9:42	
Schlammbowle E	-	2:12	-	3	0:26	16	0:29	-	39:15	-	3	8:09	15	10:10	
Schlammbowle A	-	0:55	-	9	0:19	60	0:21	-	40:10	-	3	8:28	15	10:30	
Himmelsleiter +	-	3:57	-	4	0:56	29	1:14	-	44:07	-	3	9:24	15	11:37	
Himmelsleiter +	-	4:20	-	9	1:17	60	1:33	-	48:27	-	3	10:41	16	13:04	
Nordwand + Dov	-	5:22	-	5	1:12	26	1:24	-	53:49	-	3	11:53	16	14:25	
Nordwand + Dov	-	1:38	-	4	0:15	29	0:34	-	55:27	-	3	12:07	16	14:52	
Duckmäuser Eins	-	14:34	-	3	2:43	21	14:17	-	1:10:01	-	3	14:50	16	18:37	
Duckmäuser Aus	-	0:34	-	36	0:19	158	0:23	-	1:10:35	-	3	15:07	16	18:58	
Pneumant Einstie	-	0:33	-	4	0:12	20	0:13	-	1:11:08	-	3	15:19	16	19:11	
Pneumant Aussti	-	0:03	-	2	0:01	8	0:01	-	1:11:11	-	3	15:18	16	19:12	
Heuschupfen Ei	-	10:15	-	5	2:17	27	2:54	-	1:21:26	-	3	17:35	16	22:06	
Heuschupfen Ai	-	0:06	-	13	0:02	58	0:02	-	1:21:32	-	3	17:37	16	22:08	
Schlammbowle E	-	2:15	-	6	0:34	24	0:34	-	1:23:47	-	3	18:11	16	22:41	
Schlammbowle A	-	1:03	-	13	0:24	79	0:29	-	1:24:50	-	3	18:35	16	23:08	
Sportplatz Mühlb	8.00	3:52	-	17	0:41	93	0:41	16.00	1:28:42	5:32	4	19:16	26	23:32	