



Detailed evaluation

Seifert, Thomas

Club: Mühlroff
Number: 491

Course: 16.00 km
Expert

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:41:24

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 73 (of 304)

Rank in course/Men: 68 (of 252)

Best time in course: 1:05:10

Rank in category: 9(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 +	-	2:26	-	10	1:19	68	1:24	-	2:26	-	10	1:19	68	1:24	
Himmelsleiter +	-	3:43	-	8	0:54	41	1:11	-	6:09	-	8	2:13	49	2:35	
Nordwand + Dov	-	5:29	-	11	1:34	58	1:46	-	11:38	-	8	3:47	50	4:21	
Nordwand + Dov	-	1:48	-	7	0:32	51	0:39	-	13:26	-	8	4:09	51	4:58	
Duckmäuser Eins	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Duckmäuser Aus	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Einstie	-	17:11	-	43	16:51	206	16:57	-	30:37	-	50	9:21	230	10:45	
Pneumant Aussti	-	0:08	-	20	0:06	103	0:07	-	30:45	-	52	9:25	247	10:47	
Heuschneppen Ei	-	11:21	-	11	3:26	70	4:02	-	42:06	-	52	12:51	242	14:49	
Heuschneppen Ai	-	0:07	-	34	0:03	139	0:03	-	42:13	-	52	12:53	242	14:52	
Schlammbowle E	-	2:38	-	12	0:52	81	0:55	-	44:51	-	51	13:45	241	15:46	
Schlammbowle A	-	0:59	-	18	0:23	85	0:25	-	45:50	-	52	14:08	248	16:10	
Himmelsleiter +	-	4:25	-	14	1:24	69	1:42	-	50:15	-	51	15:32	244	17:45	
Himmelsleiter +	-	4:27	-	13	1:24	75	1:40	-	54:42	-	51	16:56	244	19:19	
Nordwand + Dov	-	6:06	-	12	1:56	72	2:08	-	1:00:48	-	51	18:52	244	21:24	
Nordwand + Dov	-	1:59	-	20	0:36	104	0:55	-	1:02:47	-	51	19:27	244	22:12	
Duckmäuser Eins	-	17:59	-	18	6:08	82	17:42	-	1:20:46	-	41	25:35	191	29:22	
Duckmäuser Aus	-	0:23	-	11	0:08	57	0:12	-	1:21:09	-	48	25:41	223	29:32	
Pneumant Einstie	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-	
Pneumant Aussti	-	0:56	-	47	0:54	209	0:54	-	1:22:05	-	51	26:12	245	30:06	
Heuschneppen Ei	-	11:45	-	14	3:47	88	4:24	-	1:33:50	-	51	29:59	245	34:30	
Heuschneppen Ai	-	0:06	-	13	0:02	58	0:02	-	1:33:56	-	51	30:01	243	34:32	
Schlammbowle E	-	2:39	-	15	0:58	85	0:58	-	1:36:35	-	5	30:59	35	35:29	
Schlammbowle A	-	1:06	-	20	0:27	96	0:32	-	1:37:41	-	52	31:26	247	35:59	
Sportplatz Mühlb	8.00	3:43	-	8	0:32	47	0:32	16.00	1:41:24	6:20	9	31:58	68	36:14	