



Detailed evaluation

SEIFARTH, Jan

Club: Langenhain
Number: 2210

Course: 26.71 km
BERSERKER

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:36:19

Speed: 7.41 km/h
Running performance: 8:06 min/km

Rank in course/Total: 104 (of 205)

Rank in course/Men: 98 (of 189)

Best time in course: 2:16:04

Rank in category: 19(of 39)

Best time in the category: 2:21:03

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
Wachsenburg	7.40	54:08	7:18	20	17:14	105	18:42	7.40	54:08	7:18	20	17:14	105	18:42
Burg Gleichen	8.53	1:06:52	7:50	25	22:13	122	24:19	15.93	2:01:00	7:35	21	39:27	108	43:01
Mühlburg	9.97	1:18:18	7:51	17	27:43	90	31:49	25.90	3:19:18	7:41	20	1:07:10	104	1:28:20
Sportplatz Mühlb	0.81	17:01	21:00	26	9:04	128	9:12	26.71	3:36:19	8:05	20	1:15:16	108	1:33:04