



Detailed evaluation

Seifarth, Jan

Club: Lauffeuer Fröttstädt e.V.
Number: 300

Course: 100.22 km
100 Kilometer

Category:
Senioren M35 (35-39 Jahre)

Total time: 12:07:28

Speed: 8.25 km/h
Running performance: 7:16 min/km

Rank in course/Total: 66 (of 248)

Rank in course/Men: 57 (of 203)

Best time in course: 8:37:32

Rank in category: 9(of 22)

Best time in the category: 8:46:49

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Men	Men			km	Time	
Glasbachwiese	27.39	3:02:25	6:39	8	34:56	46	34:56	27.39	3:02:25	6:39	8	34:56	46	34:56
Floh-Seligenthal	27.74	2:59:53	6:29	7	25:52	35	28:30	55.13	6:02:18	6:34	12	1:24:57	58	1:24:57
Finsterbergen	22.03	2:58:28	8:06	12	55:53	74	59:29	77.16	9:00:46	7:00	11	2:20:50	61	2:23:11
Fröttstädt	23.06	3:06:42	8:05	10	59:49	76	1:06:45	100.22	12:07:28	7:15	9	3:20:39	57	3:29:56