



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Seyfarth, Sebastian

Club: 1. SV Gera
Number: 233

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:39

Speed: 15.43 km/h
Running performance: 3:44 min/km

Rank in course/Total: 5 (of 267)

Rank in course/Men: 5 (of 196)

Best time in course: 41:37

Rank in category: 3(of 22)

Best time in the category: 41:37

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
Lap 1	0.50	1:34	3:07	3	0:05	5	0:05	0.50	1:34	3:07	3	0:05	5	0:05
Lap 2	9.00	30:54	3:25	3	3:06	5	3:06	9.50	32:28	3:25	3	3:11	5	3:11
Last lap Finish	3.00	14:11	4:43	3	1:51	5	1:51	12.50	46:39	3:43	3	5:02	5	5:02