



Detailed evaluation

Martin Seeber

Club: Luisenthaler SV

Number: 53

Course: 12.50 km

12,5 km - Lauf

Category:

Senioren M35 (35-39)

Total time: 1:03:29

Speed: 11.34 km/h

Running performance: 5:04 min/km

Rank in course/Total: 16 (of 70)

Rank in course/Men: 16 (of 48)

Best time in course: 48:02

Rank in category: 3(of 6)

Best time in the category: 56:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Zwischenzeit	5.80	33:25	5:45	3	2:24	15	8:22	5.80	33:25	5:45	3	2:24	15	8:22
Finish	6.70	30:04	4:29	2	4:18	14	7:05	12.50	1:03:29	5:04	3	6:42	16	15:27