



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Grigo, Alexander

Club: Laufftreff Pfohren

Number: 78

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 54:42

Speed: 12.07 km/h

Running performance: 4:41 min/km

Rank in course/Total: 10 (of 346)

Rank in course/Men: 10 (of 239)

Best time in course: 51:11

Rank in category: 9(of 44)

Best time in the category: 51:11

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
Lap 1	3.00	11:03	3:41	12	0:37	14	0:37	3.00	11:03	3:41	12	0:37	14	0:37
Lap 2	1.00	4:21	4:20	11	0:20	11	0:20	4.00	15:24	3:51	10	0:57	11	0:57
Lap 3	1.00	4:32	4:31	12	0:26	16	0:26	5.00	19:56	3:59	11	1:23	12	1:23
Lap 4	1.00	5:10	5:10	12	0:31	17	0:31	6.00	25:06	4:11	12	1:54	14	1:54
Last lap Hermann	2.60	12:28	4:47	9	0:59	10	0:59	8.60	37:34	4:22	11	2:53	12	2:53
vor der Schiene	2.63	14:48	5:37	7	1:06	8	1:06	11.23	52:22	4:39	9	3:23	10	3:23
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:20	5:11	12	0:12	15	0:12	11.70	54:42	4:40	9	3:31	11	54:42