



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Hampel, Lars

Club: Hannover 96

Number: 85

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:16

Speed: 10.11 km/h

Running performance: 5:35 min/km

Rank in course/Total: 101 (of 346)

Rank in course/Men: 93 (of 239)

Best time in course: 51:11

Rank in category: 12(of 23)

Best time in the category: 55:00

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	13:18	4:26	11	2:23	121	2:52	3.00	13:18	4:26	11	2:23	121	2:52
Lap 2	1.00	5:08	5:08	12	0:41	105	1:07	4.00	18:26	4:36	11	3:04	114	3:59
Lap 3	1.00	5:14	5:14	11	0:41	88	1:08	5.00	23:40	4:44	11	3:45	112	5:07
Lap 4	1.00	5:52	5:51	12	0:44	80	1:13	6.00	29:32	4:55	11	4:29	109	6:20
Last lap Hermann	2.60	14:53	5:43	12	2:32	89	3:24	8.60	44:25	5:09	12	7:01	100	9:44
vor der Schiene	2.63	18:02	6:51	10	2:52	78	4:20	11.23	1:02:27	5:33	12	9:53	92	13:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:49	6:15	11	0:24	92	0:41	11.70	1:05:16	5:34	12	10:16	94	1:05:16