



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Rother, Andre

Club: Laufclub BlueLiner

Number: 358

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:10

Speed: 9.97 km/h

Running performance: 5:40 min/km

Rank in course/Total: 108 (of 346)

Rank in course/Men: 100 (of 239)

Best time in course: 51:11

Rank in category: 13(of 23)

Best time in the category: 55:00

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.00	13:25	4:28	12	2:30	123	2:59	3.00	13:25	4:28	12	2:30	123	2:59
Lap 2	1.00	5:08	5:08	12	0:41	105	1:07	4.00	18:33	4:38	12	3:11	122	4:06
Lap 3	1.00	5:15	5:15	12	0:42	90	1:09	5.00	23:48	4:45	12	3:53	113	5:15
Lap 4	1.00	5:51	5:50	10	0:43	75	1:12	6.00	29:39	4:56	12	4:36	114	6:27
Last lap Hermann	2.60	14:54	5:43	13	2:33	91	3:25	8.60	44:33	5:10	13	7:09	104	9:52
vor der Schiene	2.63	18:46	7:08	13	3:36	98	5:04	11.23	1:03:19	5:38	13	10:45	101	14:20
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:51	6:19	12	0:26	105	0:43	11.70	1:06:10	5:39	13	11:10	101	1:06:10