



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Glatthor, Thorsten

Club: TSV Schwarme

Number: 72

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:06:12

Speed: 9.97 km/h

Running performance: 5:40 min/km

Rank in course/Total: 109 (of 346)

Rank in course/Men: 101 (of 239)

Best time in course: 51:11

Rank in category: 8(of 12)

Best time in the category: 58:06

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	3.00	12:51	4:16	8	1:15	103	2:25	3.00	12:51	4:16	8	1:15	103	2:25
Lap 2	1.00	5:05	5:04	7	0:23	93	1:04	4.00	17:56	4:29	8	1:36	105	3:29
Lap 3	1.00	5:18	5:17	7	0:34	96	1:12	5.00	23:14	4:38	8	2:00	105	4:41
Lap 4	1.00	6:10	6:10	8	0:48	111	1:31	6.00	29:24	4:53	8	2:41	106	6:12
Last lap Hermann	2.60	15:01	5:46	7	1:53	98	3:32	8.60	44:25	5:09	8	4:28	100	9:44
vor der Schiene	2.63	18:58	7:12	9	3:22	104	5:16	11.23	1:03:23	5:38	8	7:50	102	14:24
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:49	6:15	8	0:18	92	0:41	11.70	1:06:12	5:39	8	8:06	102	1:06:12