



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Laur, Michael**

Club: LG Allgäu

Number: 144

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 54:45

Speed: 12.05 km/h

Running performance: 4:41 min/km

Rank in course/Total: 11 (of 346)

Rank in course/Men: 11 (of 239)

Best time in course: 51:11

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	11:13	3:44	16	0:47	20	0:47	3.00	11:13	3:44	16	0:47	20	0:47
Lap 2	1.00	4:22	4:21	12	0:21	13	0:21	4.00	15:35	3:53	15	1:08	19	1:08
Lap 3	1.00	4:28	4:28	10	0:22	10	0:22	5.00	20:03	4:00	13	1:30	16	1:30
Lap 4	1.00	5:04	5:03	9	0:25	10	0:25	6.00	25:07	4:11	13	1:55	15	1:55
Last lap Hermann	2.60	12:27	4:47	8	0:58	9	0:58	8.60	37:34	4:22	11	2:53	12	2:53
vor der Schiene	2.63	14:53	5:39	8	1:11	9	1:11	11.23	52:27	4:40	10	3:28	11	3:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:18	5:06	8	0:10	11	0:10	11.70	54:45	4:40	10	3:34	12	54:45