



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Birk, Markus

Club: LG Brandenkopf

Number: 19

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:06:20

Speed: 9.95 km/h

Running performance: 5:40 min/km

Rank in course/Total: 112 (of 346)

Rank in course/Men: 103 (of 239)

Best time in course: 51:11

Rank in category: 14(of 24)

Best time in the category: 55:40

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	12:45	4:15	13	1:40	101	2:19	3.00	12:45	4:15	13	1:40	101	2:19	
Lap 2	1.00	5:09	5:09	14	0:46	109	1:08	4.00	17:54	4:28	13	2:26	103	3:27	
Lap 3	1.00	5:26	5:26	16	0:55	119	1:20	5.00	23:20	4:39	15	3:18	106	4:47	
Lap 4	1.00	6:05	6:04	13	0:57	102	1:26	6.00	29:25	4:54	15	4:12	107	6:13	
Last lap Hermann	2.60	15:10	5:49	14	2:32	105	3:41	8.60	44:35	5:11	14	6:44	107	9:54	
vor der Schiene	2.63	18:55	7:11	17	3:33	103	5:13	11.23	1:03:30	5:39	14	10:17	103	14:31	
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
Brocken	0.45	2:50	6:17	16	0:29	99	0:42	11.70	1:06:20	5:40	14	10:40	104	1:06:20	