



# 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    |  |