



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Abele, Lukas**

Club: SSC Hanau-Rodenbach

Number: 10

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Männer (20-34 Jahre)

Total time: 54:52

Speed: 12.03 km/h

Running performance: 4:41 min/km

Rank in course/Total: 12 (of 346)

Rank in course/Men: 12 (of 239)

Best time in course: 51:11

Rank in category: 11(of 44)

Best time in the category: 51:11

### 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	11:10	3:43	14	0:44	18	0:44	3.00	11:10	3:43	14	0:44	18	0:44
Lap 2	1.00	4:19	4:18	9	0:18	9	0:18	4.00	15:29	3:52	13	1:02	16	1:02
Lap 3	1.00	4:27	4:27	9	0:21	9	0:21	5.00	19:56	3:59	11	1:23	12	1:23
Lap 4	1.00	5:08	5:08	10	0:29	12	0:29	6.00	25:04	4:10	10	1:52	11	1:52
Last lap Hermann	2.60	12:29	4:48	11	1:00	12	1:00	8.60	37:33	4:21	10	2:52	11	2:52
vor der Schiene	2.63	15:02	5:42	9	1:20	10	1:20	11.23	52:35	4:40	11	3:36	13	3:36
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:17	5:04	7	0:09	10	0:09	11.70	54:52	4:41	11	3:41	13	54:52