



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Heine, Lennart

Club: LG Braunschweig

Number: 313

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

männliche Jugend U20 (16-19 Jahre)

Total time: 1:07:40

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 121 (of 346)

Rank in course/Men: 112 (of 239)

Best time in course: 51:11

Rank in category: 19(of 26)

Best time in the category: 54:17

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.00	12:28	4:09	16	1:27	82	2:02	3.00	12:28	4:09	16	1:27	82	2:02
Lap 2	1.00	5:05	5:04	20	0:44	93	1:04	4.00	17:33	4:23	19	2:06	86	3:06
Lap 3	1.00	5:15	5:15	19	0:47	90	1:09	5.00	22:48	4:33	21	2:52	89	4:15
Lap 4	1.00	6:05	6:04	20	1:07	102	1:26	6.00	28:53	4:48	20	3:48	90	5:41
Last lap Hermann	2.60	15:34	5:59	18	3:05	116	4:05	8.60	44:27	5:10	19	6:53	102	9:46
vor der Schiene	2.63	20:00	7:36	19	5:41	128	6:18	11.23	1:04:27	5:44	19	12:34	110	15:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:13	7:08	24	1:00	151	1:05	11.70	1:07:40	5:47	19	13:23	113	1:07:40