



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Herbrecht, Thomas

Club: LT DSHS Köln

Number: 93

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:07:48

Speed: 9.73 km/h

Running performance: 5:47 min/km

Rank in course/Total: 122 (of 346)

Rank in course/Men: 113 (of 239)

Best time in course: 51:11

Rank in category: 15(of 24)

Best time in the category: 55:40

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	13:16	4:25	17	2:11	119	2:50	3.00	13:16	4:25	17	2:11	119	2:50
Lap 2	1.00	5:15	5:15	17	0:52	119	1:14	4.00	18:31	4:37	17	3:03	120	4:04
Lap 3	1.00	5:30	5:30	17	0:59	121	1:24	5.00	24:01	4:48	17	3:59	123	5:28
Lap 4	1.00	6:26	6:26	17	1:18	127	1:47	6.00	30:27	5:04	17	5:14	124	7:15
Last lap Hermann	2.60	15:40	6:01	17	3:02	118	4:11	8.60	46:07	5:21	17	8:16	123	11:26
vor der Schiene	2.63	18:54	7:11	16	3:32	102	5:12	11.23	1:05:01	5:47	16	11:48	114	16:02
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:47	6:11	14	0:26	87	0:39	11.70	1:07:48	5:47	15	12:08	114	1:07:48