



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Janßen, Henrik

Club: LAG Wesertal

Number: 107

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:24

Speed: 9.65 km/h

Running performance: 5:51 min/km

Rank in course/Total: 125 (of 346)

Rank in course/Men: 115 (of 239)

Best time in course: 51:11

Rank in category: 17(of 24)

Best time in the category: 55:40

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.00 | 12:53 | 4:17 | 14 | 1:48 | 104 | 2:27 | 3.00 | 12:53 | 4:17 | 14 | 1:48 | 104 | 2:27 |
| Lap 2 | 1.00 | 5:10 | 5:10 | 15 | 0:47 | 113 | 1:09 | 4.00 | 18:03 | 4:30 | 16 | 2:35 | 108 | 3:36 |
| Lap 3 | 1.00 | 5:22 | 5:21 | 15 | 0:51 | 110 | 1:16 | 5.00 | 23:25 | 4:41 | 16 | 3:23 | 108 | 4:52 |
| Lap 4 | 1.00 | 6:11 | 6:11 | 14 | 1:03 | 112 | 1:32 | 6.00 | 29:36 | 4:56 | 16 | 4:23 | 110 | 6:24 |
| Last lap Hermann | 2.60 | 15:47 | 6:04 | 19 | 3:09 | 123 | 4:18 | 8.60 | 45:23 | 5:16 | 16 | 7:32 | 115 | 10:42 |
| vor der Schiene | 2.63 | 20:00 | 7:36 | 19 | 4:38 | 128 | 6:18 | 11.23 | 1:05:23 | 5:49 | 17 | 12:10 | 115 | 16:24 |
| nach der Schiene | 0.02 | fehlt! | - | - | - | - | - | 11.25 | - | - | - | - | - | - |
| Brocken | 0.45 | 3:01 | 6:42 | 18 | 0:40 | 133 | 0:53 | 11.70 | 1:08:24 | 5:50 | 17 | 12:44 | 116 | 1:08:24 |