



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	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	12:53	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	