



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Freise, Dennis

Club: LG Braunschweig

Number: 297

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

männliche Jugend U20 (16-19 Jahre)

Total time: 1:08:27

Speed: 9.64 km/h

Running performance: 5:51 min/km

Rank in course/Total: 126 (of 346)

Rank in course/Men: 116 (of 239)

Best time in course: 51:11

Rank in category: 20(of 26)

Best time in the category: 54:17

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	12:19	4:06	14	1:18	76	1:53	3.00	12:19	4:06	14	1:18	76	1:53
Lap 2	1.00	5:00	5:00	16	0:39	82	0:59	4.00	17:19	4:19	15	1:52	78	2:52
Lap 3	1.00	5:16	5:15	20	0:48	92	1:10	5.00	22:35	4:30	16	2:39	83	4:02
Lap 4	1.00	6:00	6:00	18	1:02	92	1:21	6.00	28:35	4:45	19	3:30	87	5:23
Last lap Hermann	2.60	16:15	6:15	21	3:46	140	4:46	8.60	44:50	5:12	20	7:16	111	10:09
vor der Schiene	2.63	20:48	7:54	21	6:29	146	7:06	11.23	1:05:38	5:50	20	13:45	116	16:39
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:49	6:15	17	0:36	92	0:41	11.70	1:08:27	5:51	20	14:10	117	1:08:27