



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Band, Mattias

Club: Läufer-Team Oker e.V.

Number: 7

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:37

Speed: 9.62 km/h

Running performance: 5:52 min/km

Rank in course/Total: 127 (of 346)

Rank in course/Men: 117 (of 239)

Best time in course: 51:11

Rank in category: 15(of 23)

Best time in the category: 55:00

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	13:43	4:34	18	2:48	138	3:17	3.00	13:43	4:34	18	2:48	138	3:17
Lap 2	1.00	5:28	5:28	16	1:01	131	1:27	4.00	19:11	4:47	17	3:49	135	4:44
Lap 3	1.00	5:39	5:39	16	1:06	132	1:33	5.00	24:50	4:58	16	4:55	132	6:17
Lap 4	1.00	6:19	6:18	15	1:11	121	1:40	6.00	31:09	5:11	16	6:06	130	7:57
Last lap Hermann	2.60	15:32	5:58	15	3:11	114	4:03	8.60	46:41	5:25	15	9:17	125	12:00
vor der Schiene	2.63	18:58	7:12	15	3:48	104	5:16	11.23	1:05:39	5:50	15	13:05	117	16:40
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:58	6:35	15	0:33	123	0:50	11.70	1:08:37	5:51	15	13:37	118	1:08:37