



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Blumenstein, Daniel

Club: LAG Wesertal

Number: 23

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:45

Speed: 9.60 km/h

Running performance: 5:53 min/km

Rank in course/Total: 129 (of 346)

Rank in course/Men: 118 (of 239)

Best time in course: 51:11

Rank in category: 18(of 24)

Best time in the category: 55:40

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Lap 1	3.00	13:44	4:34	18	2:39	139	3:18	3.00	13:44	4:34	18	2:39	139	3:18
Lap 2	1.00	5:39	5:39	20	1:16	154	1:38	4.00	19:23	4:50	18	3:55	143	4:56
Lap 3	1.00	5:48	5:47	19	1:17	146	1:42	5.00	25:11	5:02	19	5:09	144	6:38
Lap 4	1.00	6:34	6:33	19	1:26	137	1:55	6.00	31:45	5:17	19	6:32	142	8:33
Last lap Hermann	2.60	15:22	5:54	15	2:44	112	3:53	8.60	47:07	5:28	18	9:16	132	12:26
vor der Schiene	2.63	18:51	7:10	15	3:29	100	5:09	11.23	1:05:58	5:52	18	12:45	120	16:59
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:47	6:11	14	0:26	87	0:39	11.70	1:08:45	5:52	18	13:05	119	1:08:45