



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Meder, Jörg

Club: LAG Wesertal

Number: 158

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:50

Speed: 9.59 km/h

Running performance: 5:53 min/km

Rank in course/Total: 130 (of 346)

Rank in course/Men: 120 (of 239)

Best time in course: 51:11

Rank in category: 19(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	14:04	4:41	19	2:59	148	3:38	3.00	14:04	4:41	19	2:59	148	3:38
Lap 2	1.00	5:28	5:28	18	1:05	131	1:27	4.00	19:32	4:53	19	4:04	146	5:05
Lap 3	1.00	5:35	5:34	18	1:04	128	1:29	5.00	25:07	5:01	18	5:05	142	6:34
Lap 4	1.00	6:28	6:28	18	1:20	130	1:49	6.00	31:35	5:15	18	6:22	136	8:23
Last lap Hermann	2.60	15:40	6:01	17	3:02	118	4:11	8.60	47:15	5:29	19	9:24	133	12:34
vor der Schiene	2.63	18:44	7:07	14	3:22	97	5:02	11.23	1:05:59	5:52	19	12:46	121	17:00
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:51	6:19	17	0:30	105	0:43	11.70	1:08:50	5:52	19	13:10	121	1:08:50