



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Lindner, Thomas

Club: LAG Wesertal

Number: 150

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:55

Speed: 9.58 km/h

Running performance: 5:53 min/km

Rank in course/Total: 131 (of 346)

Rank in course/Men: 121 (of 239)

Best time in course: 51:11

Rank in category: 5(of 18)

Best time in the category: 1:04:37

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	13:36	4:31	6	0:57	132	3:10	3.00	13:36	4:31	6	0:57	132	3:10
Lap 2	1.00	5:25	5:25	6	0:20	128	1:24	4.00	19:01	4:45	6	1:15	128	4:34
Lap 3	1.00	5:37	5:36	6	0:19	130	1:31	5.00	24:38	4:55	6	1:32	128	6:05
Lap 4	1.00	6:24	6:24	6	0:35	124	1:45	6.00	31:02	5:10	6	1:55	128	7:50
Last lap Hermann	2.60	15:49	6:04	5	1:10	125	4:20	8.60	46:51	5:26	6	3:03	127	12:10
vor der Schiene	2.63	19:08	7:16	6	1:08	109	5:26	11.23	1:05:59	5:52	5	4:11	121	17:00
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:56	6:31	7	0:07	121	0:48	11.70	1:08:55	5:53	5	4:18	122	1:08:55