



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Fast, Ewald

Club: TSV Reute

Number: 56

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:09:20

Speed: 9.52 km/h

Running performance: 5:56 min/km

Rank in course/Total: 136 (of 346)

Rank in course/Men: 124 (of 239)

Best time in course: 51:11

Rank in category: 12(of 30)

Best time in the category: 1:00:22

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	13:47	4:35	15	1:52	141	3:21	3.00	13:47	4:35	15	1:52	141	3:21
Lap 2	1.00	5:28	5:28	14	0:40	131	1:27	4.00	19:15	4:48	15	2:32	139	4:48
Lap 3	1.00	5:41	5:41	15	0:44	134	1:35	5.00	24:56	4:59	15	3:13	134	6:23
Lap 4	1.00	6:26	6:26	12	0:48	127	1:47	6.00	31:22	5:13	14	4:01	132	8:10
Last lap Hermann	2.60	15:43	6:02	12	1:56	121	4:14	8.60	47:05	5:28	13	5:47	131	12:24
vor der Schiene	2.63	19:22	7:21	12	2:55	116	5:40	11.23	1:06:27	5:55	12	8:38	124	17:28
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:53	6:24	12	0:22	113	0:45	11.70	1:09:20	5:55	13	1:09:20	125	1:09:20