



# DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

## Detailed evaluation

**Seemann, Thorsten**

Club: Non-Stop-Ultra

Number: 216

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:09:45

Speed: 9.46 km/h

Running performance: 5:58 min/km

Rank in course/Total: 140 (of 346)

Rank in course/Men: 126 (of 239)

Best time in course: 51:11

Rank in category: 9(of 12)

Best time in the category: 58:06

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Lap 1	3.00	13:29	4:29	9	1:53	126	3:03	3.00	13:29	4:29	9	1:53	126	3:03
Lap 2	1.00	5:36	5:35	10	0:54	150	1:35	4.00	19:05	4:46	9	2:45	130	4:38
Lap 3	1.00	5:55	5:55	10	1:11	156	1:49	5.00	25:00	5:00	9	3:46	135	6:27
Lap 4	1.00	7:14	7:14	10	1:52	179	2:35	6.00	32:14	5:22	10	5:31	151	9:02
Last lap Hermann	2.60	16:19	6:16	10	3:11	142	4:50	8.60	48:33	5:38	10	8:36	150	13:52
vor der Schiene	2.63	18:25	7:00	8	2:49	90	4:43	11.23	1:06:58	5:57	9	11:25	127	17:59
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:47	6:11	7	0:16	87	0:39	11.70	1:09:45	5:57	9	11:39	128	1:09:45