



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Wolf, Josef

Club: PTSV Rosenheim

Number: 253

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:10:09

Speed: 9.41 km/h

Running performance: 6:00 min/km

Rank in course/Total: 146 (of 346)

Rank in course/Men: 130 (of 239)

Best time in course: 51:11

Rank in category: 7(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	13:50	4:36	8	1:11	143	3:24	3.00	13:50	4:36	8	1:11	143	3:24
Lap 2	1.00	5:34	5:33	9	0:29	144	1:33	4.00	19:24	4:50	8	1:38	144	4:57
Lap 3	1.00	5:47	5:46	7	0:29	144	1:41	5.00	25:11	5:02	8	2:05	144	6:38
Lap 4	1.00	6:33	6:32	7	0:44	136	1:54	6.00	31:44	5:17	8	2:37	141	8:32
Last lap Hermann	2.60	15:55	6:07	6	1:16	130	4:26	8.60	47:39	5:32	7	3:51	136	12:58
vor der Schiene	2.63	19:38	7:27	7	1:38	120	5:56	11.23	1:07:17	5:59	7	5:29	130	18:18
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:52	6:22	5	0:03	110	0:44	11.70	1:10:09	5:59	7	5:32	132	1:10:09