



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Sprehe, Rainer

Club: TuS Eintracht Bielefeld

Number: 221

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:10:31

Speed: 9.36 km/h

Running performance: 6:02 min/km

Rank in course/Total: 148 (of 346)

Rank in course/Men: 131 (of 239)

Best time in course: 51:11

Rank in category: 16(of 23)

Best time in the category: 55:00

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	13:42	4:33	17	2:47	136	3:16	3.00	13:42	4:33	17	2:47	136	3:16
Lap 2	1.00	5:25	5:25	15	0:58	128	1:24	4.00	19:07	4:46	15	3:45	132	4:40
Lap 3	1.00	5:34	5:33	15	1:01	126	1:28	5.00	24:41	4:56	15	4:46	130	6:08
Lap 4	1.00	6:24	6:24	16	1:16	124	1:45	6.00	31:05	5:10	15	6:02	129	7:53
Last lap Hermann	2.60	15:55	6:07	16	3:34	130	4:26	8.60	47:00	5:27	16	9:36	129	12:19
vor der Schiene	2.63	20:32	7:48	17	5:22	140	6:50	11.23	1:07:32	6:00	16	14:58	133	18:33
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:59	6:37	16	0:34	126	0:51	11.70	1:10:31	6:01	16	15:31	133	1:10:31