



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Leppla, Frank

Club: LG Braunschweig

Number: 147

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:10:55

Speed: 9.31 km/h

Running performance: 6:04 min/km

Rank in course/Total: 152 (of 346)

Rank in course/Men: 135 (of 239)

Best time in course: 51:11

Rank in category: 13(of 30)

Best time in the category: 1:00:22

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Men
Lap 1	3.00	14:09	4:43	18	2:14	152	3:43	3.00	14:09	4:43	18	2:14	152	3:43
Lap 2	1.00	5:33	5:32	16	0:45	138	1:32	4.00	19:42	4:55	18	2:59	152	5:15
Lap 3	1.00	5:43	5:43	16	0:46	138	1:37	5.00	25:25	5:05	17	3:42	150	6:52
Lap 4	1.00	6:34	6:33	15	0:56	137	1:55	6.00	31:59	5:19	17	4:38	145	8:47
Last lap Hermann	2.60	16:06	6:11	13	2:19	135	4:37	8.60	48:05	5:35	16	6:47	145	13:24
vor der Schiene	2.63	20:00	7:36	13	3:33	128	6:18	11.23	1:08:05	6:03	15	10:16	137	19:06
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:50	6:17	9	0:19	99	0:42	11.70	1:10:55	6:03	14	1:10:55	137	1:10:55