



# 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 |