



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Keppler, Bernd

Club: Möllner SV

Number: 114

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:11:15

Speed: 9.26 km/h

Running performance: 6:05 min/km

Rank in course/Total: 156 (of 346)

Rank in course/Men: 138 (of 239)

Best time in course: 51:11

Rank in category: 15(of 30)

Best time in the category: 1:00:22

Intermediate times				Stage score				Total ranking						
Control	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	13:22	4:27	11	1:27	122	2:56	3.00	13:22	4:27	11	1:27	122	2:56
Lap 2	1.00	5:20	5:19	12	0:32	126	1:19	4.00	18:42	4:40	11	1:59	125	4:15
Lap 3	1.00	5:34	5:33	12	0:37	126	1:28	5.00	24:16	4:51	12	2:33	126	5:43
Lap 4	1.00	6:26	6:26	12	0:48	127	1:47	6.00	30:42	5:06	12	3:21	126	7:30
Last lap Hermann	2.60	16:19	6:16	15	2:32	142	4:50	8.60	47:01	5:28	12	5:43	130	12:20
vor der Schiene	2.63	20:56	7:57	17	4:29	149	7:14	11.23	1:07:57	6:03	14	10:08	136	18:58
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:18	7:19	19	0:47	164	1:10	11.70	1:11:15	6:05	16	1:11:15	140	1:11:15