



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 |