



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Bossert, Ralf

Club: LG Westerwald

Number: 26

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:11:10

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 155 (of 346)

Rank in course/Men: 137 (of 239)

Best time in course: 51:11

Rank in category: 2(of 19)

Best time in the category: 1:10:51

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	14:01	4:40	2	0:15	146	3:35	3.00	14:01	4:40	2	0:15	146	3:35
Lap 2	1.00	5:30	5:30	1	-	134	1:29	4.00	19:31	4:52	2	0:12	145	5:04
Lap 3	1.00	5:44	5:44	2	0:02	139	1:38	5.00	25:15	5:02	2	0:06	146	6:42
Lap 4	1.00	6:36	6:35	1	-	140	1:57	6.00	31:51	5:18	2	0:02	144	8:39
Last lap Hermann	2.60	16:14	6:14	2	0:32	139	4:45	8.60	48:05	5:35	2	0:12	145	13:24
vor der Schiene	2.63	20:00	7:36	3	0:39	128	6:18	11.23	1:08:05	6:03	2	0:22	137	19:06
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:05	6:51	2	0:15	137	0:57	11.70	1:11:10	6:04	2	0:19	139	1:11:10