



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Zeißmann, Hagen

Club: TSV Kuppingen

Number: 257

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:11:21

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 159 (of 346)

Rank in course/Men: 141 (of 239)

Best time in course: 51:11

Rank in category: 8(of 18)

Best time in the category: 1:04:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.00	14:41	4:53	13	2:02	163	4:15	3.00	14:41	4:53	13	2:02	163	4:15
Lap 2	1.00	5:44	5:44	12	0:39	159	1:43	4.00	20:25	5:06	12	2:39	162	5:58
Lap 3	1.00	5:47	5:46	7	0:29	144	1:41	5.00	26:12	5:14	12	3:06	161	7:39
Lap 4	1.00	6:52	6:51	11	1:03	155	2:13	6.00	33:04	5:30	12	3:57	160	9:52
Last lap Hermann	2.60	16:23	6:18	9	1:44	146	4:54	8.60	49:27	5:45	11	5:39	155	14:46
vor der Schiene	2.63	19:01	7:13	5	1:01	106	5:19	11.23	1:08:28	6:05	8	6:40	142	19:29
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:53	6:24	6	0:04	113	0:45	11.70	1:11:21	6:05	8	6:44	143	1:11:21