



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Damrat, Ralf

Club: LG Rems-Welland

Number: 38

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:11:33

Speed: 9.22 km/h

Running performance: 6:07 min/km

Rank in course/Total: 161 (of 346)

Rank in course/Men: 142 (of 239)

Best time in course: 51:11

Rank in category: 18(of 23)

Best time in the category: 55:00

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	13:34	4:31	15	2:39	130	3:08	3.00	13:34	4:31	15	2:39	130	3:08	
Lap 2	1.00	5:34	5:33	17	1:07	144	1:33	4.00	19:08	4:46	16	3:46	133	4:41	
Lap 3	1.00	5:44	5:44	17	1:11	139	1:38	5.00	24:52	4:58	17	4:57	133	6:19	
Lap 4	1.00	6:31	6:30	17	1:23	134	1:52	6.00	31:23	5:13	17	6:20	133	8:11	
Last lap Hermann vor der Schiene	2.60	16:12	6:13	18	3:51	138	4:43	8.60	47:35	5:31	17	10:11	134	12:54	
nach der Schiene	2.63	20:40	7:51	18	5:30	143	6:58	11.23	1:08:15	6:04	18	15:41	141	19:16	
Brocken	0.45	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-	
	0.45	3:18	7:19	19	0:53	164	1:10	11.70	1:11:33	6:06	18	16:33	144	1:11:33	