



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Seibert, Thomas

Club: SSC Hanau-Rodenbach

Number: 367

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M35 (35-39 Jahre)

Total time: 55:40

Speed: 11.86 km/h

Running performance: 4:46 min/km

Rank in course/Total: 16 (of 346)

Rank in course/Men: 16 (of 239)

Best time in course: 51:11

Rank in category: 1(of 24)

Best time in the category: 55:40

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	11:05	3:41	1	-	15	0:39	3.00	11:05	3:41	1	-	15	0:39
Lap 2	1.00	4:26	4:26	2	0:03	17	0:25	4.00	15:31	3:52	2	0:03	17	1:04
Lap 3	1.00	4:31	4:30	1	-	14	0:25	5.00	20:02	4:00	1	-	15	1:29
Lap 4	1.00	5:11	5:11	2	0:03	19	0:32	6.00	25:13	4:12	1	-	17	2:01
Last lap Hermann	2.60	12:38	4:51	1	-	16	1:09	8.60	37:51	4:24	1	-	17	3:10
vor der Schiene	2.63	15:22	5:50	1	-	14	1:40	11.23	53:13	4:44	1	-	16	4:14
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	2:27	5:26	2	0:06	31	0:19	11.70	55:40	4:45	1	-	17	55:40