



DEUTSCHE BERGLAUFMEISTERSCHAFTEN

Ilseburg / 01.09.2018

Detailed evaluation

Löwenhagen, Klaus

Club: FC Ebershausen

Number: 152

Course: 11.70 km

Deutsche Berglaufmeisterschaft

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:12:07

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 169 (of 346)

Rank in course/Men: 147 (of 239)

Best time in course: 51:11

Rank in category: 11(of 27)

Best time in the category: 1:03:14

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	13:35	4:31	9	1:06	131	3:09	3.00	13:35	4:31	9	1:06	131	3:09
Lap 2	1.00	5:36	5:35	11	0:37	150	1:35	4.00	19:11	4:47	9	1:43	135	4:44
Lap 3	1.00	5:50	5:49	10	0:45	150	1:44	5.00	25:01	5:00	8	2:28	136	6:28
Lap 4	1.00	6:36	6:35	9	0:50	140	1:57	6.00	31:37	5:16	9	3:18	137	8:25
Last lap Hermann	2.60	16:26	6:19	11	2:05	148	4:57	8.60	48:03	5:35	10	5:23	142	13:22
vor der Schiene	2.63	20:50	7:55	11	2:48	147	7:08	11.23	1:08:53	6:08	11	8:11	146	19:54
nach der Schiene	0.02	fehlt!	-	-	-	-	-	11.25	-	-	-	-	-	-
Brocken	0.45	3:14	7:11	12	0:42	154	1:06	11.70	1:12:07	6:09	11	8:53	149	1:12:07